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IN CUTTING OUT AND MAKING UP
HOSPITAL GARMENTS. &c.

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IN
CUTTING OUT AND MAKING UP
HOSPITAL GARMENTS
FOR
SICK AND WOUNDED

(Approved by the Red Cross Society)

KNITTED ARTICLES
AND
WOMEN'S APPAREL
INCLUDING DRESSMAKING

(Illustrated with Sheets of Diagrams Drawn to Scale for Practical Use)

BY

EMILY PEEK

*Registered Teacher of the City and Guilds of London Institute; Certificated Teacher
Grenfell System; Teacher of Dresscutting and Dressmaking at the Polytechnic
309, Regent Street, London; and for twenty years at the Municipal
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INTRODUCTION.

I would impress upon anyone undertaking the work outlined in this book, on the cutting, fixing, and making of hospital garments, nurses' uniforms, under garments, knitted articles, costumes, &c., the necessity of accurate cutting-out, carefulness in fixing and sewing, and evenness in machine stitching.

Invalid garments and bed linen require careful and quick manipulation when being changed, and frequent washing to ensure the comfort of the patient. It will be readily understood that there must be no bulky corners, no puckered seams, no badly worked button-holes cut too near the edge, no careless sewing on of tapes or buttons. Special attention should be devoted to the chapters on "Cutting-out," "The Use of Different Stitches," and "A Lesson on Tacking." Any odd pieces of material may be used for practice before commencing an actual garment. It should be noted that any stitches dropped in a knitted article will spoil it quicker than ordinary wear.

EMILY PEEK.

14 and 15, Langham Place,
London, W.
September, 1914.

*Patterns may be obtained from the Polytechnic Annexe,
14 and 15, Langham Place, London, W.*

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Practical Instruction in Cutting Out and Making Up Hospital Garments for Sick and Wounded.

(Approved by the Red Cross Society.)

NOTES ON IMPORTANT POINTS.

DIAGRAMS.

ALL figures represent the full number in inches or parts of inches for the full-sized garment for normal figures and may be worked out with a yard rule, the diagrams being drawn to quarter or eighth of an inch scale for convenience of book. The spaced or broken lines being straight guide lines and the black lines the pattern proper, without turnings. One half only of a garment pattern being necessary, except collars, cuffs and pockets, and yokes, which are drawn whole, as needing to be cut double. The correct way to place the paper pattern on the material, with the correct amount of turning to allow on the various parts, are explained in the chapter on that particular garment. Also where the pattern is to be placed to a fold allow no turnings at that fold.

PATTERNS.

All patterns are for medium-sized figures, so can easily be made larger or smaller.

HOSPITAL GARMENTS.

With regard to hospital garments, some should be made as in book, and others with sleeves and shoulders open from neck to wrist, a large wrap allowed, and tapes fixed on to allow for bandages, &c. The "Helpless" shirt and operation nightshirt, being the same back and front, can be put on the patient either way according to necessity.

MATERIALS.

As in various places it is not always possible to get the materials recommended in the book, the chiefs of working parties must use their own discretion with regard to wool; if this is thick and the worker a loose knitter a few less stitches are advisable, or, if a very tight knitter, coarser needles should be used. Wool mentioned as fingering, if not otherwise stated, is four-ply.

Also with materials, where not possible to get those stated the chief cutter or supervisor should decide.

HINTS ON PRESSING.

Try the iron first on a piece of material the same as the garment, to see that it is neither too hot nor too cold, or whether the material needs damping or not at the seams; most dress material does not when new, as there is generally sufficient dampness in it and if damped further will often cockle (a good plan with loose-woven material is to press well all over before cutting out if convenient). Different materials require a different heat, and in pressing a thick woollen, which is rather hairy and fluffy, a piece of linen is best placed between the material and the iron. A twenty-inch length of round wood, about the thickness of a broom-handle, covered with a piece of new house flannel, folded evenly round about four times, stitched firmly, and a piece of linen tacked round once over that (so that this latter can be taken

off and washed when soiled) will be found of great use in pressing seams of sleeves, and all other seams, as on it the centre of the seam can be pressed very flat without creasing the sides or marking the edge of seam through.

FIXING OF COLLARS, ETC.

When fixing collars, bands, cuffs or yokes, never commence one end and work along to the other, as this frequently results in one half being eased and the other half stretched, and spoils the set and fit of the garment. Be careful to put the centre of each together first, then work to either end, and make sure the ends meet evenly before stitching.

FACING OF MATERIAL.

When cutting out be sure to face the material, so as not to get the two pieces for the one side instead of right and left, also place the right sides inside as they are less likely to get rubbed or soiled. If in doubt as to the right or wrong side of material keep the smoothest for the right side, or, in the case of double-width material, the inside, as that will be less likely to have got rubbed at the folded edge; also be sure not to use one side for part of a garment and the opposite side for the other, or they will probably show the difference in the wear.

MACHINE-STITCHING.

If not used to a machine, first study the book belonging to it, seeing that you have the right sized stitch (which, by the way, on any make of sewing machine, should be almost the same on both sides if the top and under tensions are set right), also the right sized cotton and needle for the material to be stitched. The practice should be on odd pieces, which, although they may be narrow, should be fairly long and double, it being easy to stitch an inch or two straight, but not so easy without practice to stitch the whole of a long

seam, and nothing spoils the look of a garment so much as uneven, crooked, or drawn machine stitching. When stitching thin material, such as muslin, Jap silk, &c., place a piece of paper (something between tissue and brown—newspaper will do) under it, which, when torn away afterwards, will leave the stitching flat.

Tailor stitching is to be done with silk on top; leave one seam open until the last as being easier than to stitch all with the skirt joined round.

WITH REGARD TO TURNINGS.

It is not economy to be too near with these, as it is better to have a little to cut off afterwards than not to have sufficient to let out if necessary in the fitting, because, although the pattern may fit, some materials are thicker than others, also some materials look best fitted slightly easy, whilst others need fitting closer. Material on which a tracing wheel cannot be used should have the pattern pinned on carefully to each piece and a tacking thread put round before fitting, as it will then be easier to make any alteration required.

ECONOMY OF MATERIAL.

If material is in one length for costume do not cut off what may be thought necessary for the bodice or coat, but cut the skirt out first, and if material not wide enough for skirt to cut double, lay both ends together, leaving the bulk of material in the centre, not folding one end over the length deemed necessary as this will waste corners and a few inches of length at least every time; also with some shaped skirts, parts of the bodice or coat will fit in the pieces. When making a blouse do not cut off so much for fronts, and so much for backs, &c., but make the tucks first, then lay the pattern on (according to instructions in chapter on "Blouse Cutting and Making"), this way being more economical and less likely to cause mistakes, such as measuring from the neck in front, forgetting the shoulder lays several inches higher, &c.

TO ENSURE GOOD RESULTS.

Keep exactly to the fitting line and place the corners even. For instance, do not put the shoulder together haphazard, with the consequence that the front next to the line on one side comes just above the back, the other side being just below or just even. Do not think you can make it right when putting on the collar, as it does not answer, the result would be that one or both sides will drag. The same applies to the bodice part and skirt. Be careful to put the waistlines together of both, also the bottom edge of skirt at the tracing or tacking lines for length, which should have been marked when cutting out, sufficient turning being left beyond for hem or letting down if required. This prevents the bias sides being stretched out of their proper grain (which often happens, especially with those who have not had sufficient experience to know when they are stretching the bias or not) when the length of skirt is left undetermined until the seams are put together; often the bias on one side gets stretched a little more than the other, the consequence being that the hang of the skirt is spoiled.

The only time material may be stretched out of its proper grain to good advantage is when cut exactly on the cross to work round curves, &c.; then it should be slightly eased (without being puckered) at the inner edge, being slightly stretched at the outer or wider edge, so that when stitched and pressed it will lay quite flat.

HOSPITAL AND GENTLEMEN'S GARMENTS.

HELPLESS CASE SHIRT.

Material Required.— $3\frac{1}{2}$ yd. white flannel at 1s. 0 $\frac{1}{2}$ d. per yd., 2 fair-sized linen buttons, also a piece of white tape $\frac{1}{2}$ in. wide.

To Cut.—Lay the pattern lengthwise with selvedge, and leave $\frac{1}{2}$ in. turnings everywhere, except wrist of sleeve, where allow for 1 in. hem.

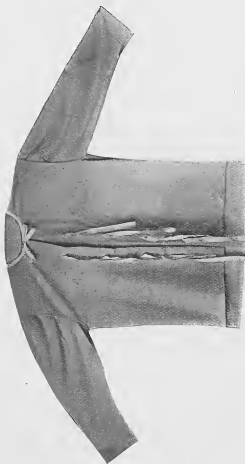
To Make Up.—(First take notice that no turnings or facings are to go next the patient.) Turn over on to the outside of right front 2 in. and stitch down on edge if plain selvedge, if not, it should be torn off and herringboned down. Face the outside of left front with a strip of flannel 3 in. wide, stitch up and herringbone down the shoulder and side seams, leaving an opening at the base of the latter of 4 in.; make a narrow hem on the opening and round the bottom. Stitch up and herringbone the seams of sleeves, leaving an opening of 5 in. at wrist; put a narrow hem on the opening, and 1 in. hem at the end (no wristbands) and fasten with one button and buttonhole. Fix a 2 in. square of flannel squarely on openings at wrist and base of shirt to prevent tearing. Turn down neck on right side of shirt and neaten with tape. Stitch on five pairs of tape strings, one at neck, the others at even intervals, at the edge on one side, those on the other at the inner edge of the facing put on. Place seam of sleeve in armhole where the cross trace marks are on pattern gathering the fullness between the trace marks round the top.

HELPLESS CASE SHIRT (B.R.C.S.).

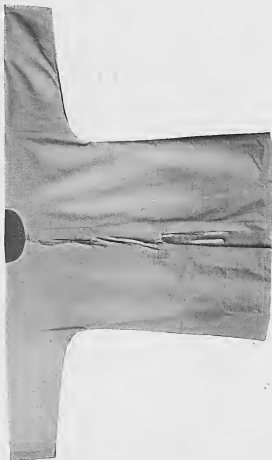
(Approved by the British Red Cross Society.)

Required.— $3\frac{1}{2}$ yd. white flannel 33 in. wide; white tape $\frac{1}{2}$ in. wide.

To Cut.—Fold flannel lengthwise and place the straight side of pattern (where neck is) to the fold, cut through fold base to neck, one half only, for opening, allow $\frac{1}{2}$ in. turnings



HELPLESS CASE SHIRT.



HELPLESS CASE SHIRT (B.R.C.S.).
(Approved by the *British Red Cross Society*.)

at neck and seams, and 1 in. for hems at base. Open remainder of material and fold it over the opposite way, that is, so that there will be two selvages each side. Place sleeve lengthwise with selvedge, allow $\frac{1}{2}$ in. turnings everywhere except wrist, where allow 1 in. for hem. The 2 in. strip for wrap will come off the remainder.

To Make.—Stitch up seams and press turnings open and herringbone down each side, fold hems at wrist and base (once only) and herringbone down. Turn down neck turning on right side and neaten with tape, placing it on easily at the top edge so that it will lay flat on the lower edge of curve. Face one side of opening with a strip of material 2 in. wide and turn down flat; stitch a strip of flannel 3 in. wide on the other side, press seam open, fold for wrap with the edge to just lay over seam, herringbone turnings down. Sew on three pairs of tapes at intervals of 10 in., the first being at the neck, those on the one side being near the edge, and on the other on seam of wrap.

PATIENT'S OPERATION GOWN (B.R.C.S.).

(Approved by the British Red Cross Society.)

Material Required.— $4\frac{1}{2}$ yd. white twill calico, 36 in. wide, 2 linen buttons $\frac{3}{4}$ in. in diameter.

This pattern is extra large as to yoke, neck, and armholes. It is to open all down the centre and is intended for hospital patients where sleeping suits are inconvenient, also in the case of a patient unable to be moved it is put on back to front.

To Cut.—The pattern for skirt part is the same for back and front, but for the back place the straight edge to the fold, and cut allowing $\frac{1}{2}$ in. turnings. For fronts place straight edge of same pattern to selvedge, and cut allowing $\frac{1}{2}$ in. turnings. Place the back of yoke at lower edge in line with selvedge, also neckband and collar the same way, and allow $\frac{1}{2}$ in. turnings. The centre of sleeve pattern to be placed the same distance from the selvedge at the top as at the wrist, the slope in both sides to be the same.

To Make.—Run and fell seams of shirt and sleeve. Make a $\frac{1}{2}$ in. hem down the fronts, round the lower edge of shirt,

and round wrist of sleeve. Gather the top part of shirt into the yoke back and front. Stitch round outer edge of collar, turn inside out, and stitch round again; fix between neckband, and lower edge of neckband to garment, with edges of yoke



OPERATION NIGHTSHIRT (B.R.C.S.).

(Approved by the British Red Cross Society.)

between edges of neckband. Put seam of sleeve to under-arm seam, and gather fullness into yoke. Make buttonholes in neckband and at lower edge of yoke, and sew buttons on to other side.

BED JACKET (B.R.C.S.).

(Approved by the British Red Cross Society.)

Material Required.— $3\frac{1}{2}$ yd. red or natural flannel, 36 in. wide, at 1s. $3\frac{1}{2}$ d. per yd., and 6 buttons about $\frac{3}{4}$ in. in diameter.

To Cut.—Place the centre of back pattern to fold of

II

material, the front to selvedge, both parts of sleeves from the top to elbow in a line with the selvedge, the collar, which is curved, to lie straight with grain of material in the centre back, so that both ends at the front will be at the same angle, and the straight edge of pocket (of which only one is needed) across width of material. Cut allowing $\frac{1}{2}$ in. turnings all round, except wrist of sleeve, bottom of jacket, and top of pocket, where allow for 1 in. hem.



BED JACKET (B.R.C.S.).

(Approved by the British Red Cross Society.)

To Make.—Face the front in with strip of material 3 in. wide; hem top of pocket, and stitch on the left front 12 in. down from the shoulder and $2\frac{1}{2}$ in. in from front edge. Stitch up side seam, shoulder, and both seams of sleeves, and herringbone down the turnings, also the armhole seams, after tacking in sleeve, with the front or curved seam $5\frac{1}{2}$ in. from under-arm seam towards the front, the sleeve being eased round, no gathers. Make 1 in. hem at wrist of sleeve and

bottom of jacket, stitch the ends and curved in side of collar, notch the turnings, turn inside out, and stitch round again. Fix on to the neck.

TAPED BED JACKET (B.R.C.S.).

(Approved by the British Red Cross Society.)

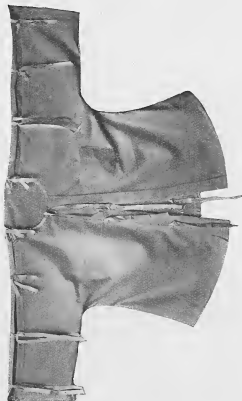
Required.—For one garment 3 yd., for three garments $8\frac{1}{2}$ yd. flannel 33 in. wide; white tape $\frac{1}{2}$ in. wide.

To Cut.—Fold flannel end to end, so that there will be two selvages each side, and place front pattern $1\frac{3}{4}$ in. in from the selvedge, this latter being left for hem. Cut, allowing $\frac{1}{2}$ in. turnings for seams and neck and 1 in. for hems at base, wrist, and along the shoulder from neck to wrist. Open the remainder of the material and fold over, so that there will be two selvages one side and a fold the other, place centre back to the fold and cut, allowing $\frac{1}{2}$ in. turnings, except at base, along shoulder and wrist, where allow 1 in. for hems (as on fronts). Join sleeves out with the pieces left over from the sides of fronts, also pocket can be cut from these.

To Make.—First join the pieces on sleeves, then join up the side seam, press the turnings open, and herringbone down each side. Turn hems down once only, $1\frac{3}{4}$ in. for fronts, the others 1 in., and herringbone; neck to be turned down $\frac{1}{2}$ in. on right side of garment and neatened with narrow tape, putting the tape on slightly easy at the folded edge, so that it will lay flat at the lower edge. Sew three pairs of tapes about 8 in. long down the fronts, one side at the edge, and the other side 2 in. in from the edge; the first pair being at the neck, the others 9 in. apart. Sew four pair of tapes down each sleeve from neck to wrist, one pair at the neck (one side at edge, the other $\frac{3}{4}$ in., so that it will wrap), another pair 2 in. from end of wrist, and the other two pair at equal distances between.

FLANNEL NIGHTINGALE.

Material Required.—2 yd. flannelette, 36 in. wide, at $8\frac{3}{4}$ d. per yd., or 2 yd. flannel, 36 in. wide, at 1s. $11\frac{3}{4}$ d. per yd.,



TAPED BED JACKET (B.R.C.S.).

(Approved by the British Red Cross Society.)

red or natural, 4 small pearl buttons, and 2 yd. 1 in. wide ribbon.

To Make.—First cut down centre of the two yards $7\frac{1}{2}$ in. and make a narrow hem on the cut edges, and all round the remainder of flannel. Below the part cut down, fold up two small pleats to just cover the cut corner, and stitch firmly through centre; turn back the two corners, and fix with two small pearl buttons, and at each edge of the folded corners to the front sew a piece of ribbon for fastenings (the pleats forming the back neck, and the back corners the shoulders). The two extreme corners the other side of the two-yard length are turned also with a button, and a piece of ribbon sewn each end of the fold, to tie at wrist.

HANDKERCHIEFS.

Material Required.—White cambric at 10 $\frac{1}{2}$ d. per yd., nainsook at 8 $\frac{1}{2}$ d. per yd., or madapollam at 6 $\frac{1}{2}$ d. per yd.

To Make.—Cut material exactly 22 in. square, and stitch 1 in. hem all round, or the latter may be hem-stitched.

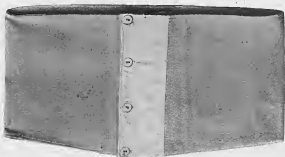
FLANNEL CHOLERA BELT AND CHEST PROTECTOR.

Material Required.—2 yd. flannel at 1s. 0 $\frac{1}{2}$ d. per yd., white or natural colour, 6 small linen buttons, and small piece of white calico.

To Cut.—Fold the flannel in half, and lay the long straight edge of belt pattern to fold, the shaped side being along the two selvages. Place back and front of chest protector on the double flannel, the centre of each being in a straight line with selvedge, so the slope on both sides will be the same, cut allowing $\frac{1}{2}$ in. turnings everywhere.

To Make.—(Both articles are double.) First place between the two pieces of belt at the end a piece of calico 4 in. wide, and depth of belt, stitch all round with the exception of one end, which must be left open to turn it inside out; then fold in together, the turning left open, and stitch all round again;

make four button-holes, one end, and sew buttons on the other to correspond, both on the calico side, this latter being to strengthen same, and not to go next the wearer. For the chest protector, first join one shoulder in both pieces of



FLANNEL CHOLERA BELT.



CHEST PROTECTOR.

flannel (the other to fasten with two buttons and button-holes), put the right side of seams to face each other, and stitch all round, with the exception of one end, through which to turn inside out, and stitch round again.

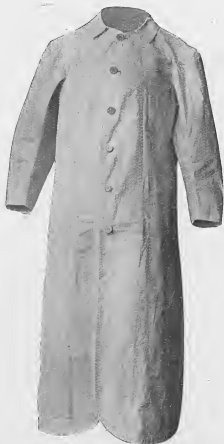
SURGEON'S OR MALE ASSISTANT'S COAT.

Material Required.—3 yd. heavy white herringbone drill or coutille, 54 in. wide, at 2s. 6 $\frac{1}{2}$ d. per yd., and 8 bone buttons $\frac{3}{4}$ in. in diameter.

To Cut.—Place the pattern of front to selvedge, and the centre of back below waist to double or selvedge edge, as the seam of the latter slopes towards the top. Place the back seam of sleeve from armhole to elbow in straight line with selvedge, both top and under parts. Lay top of pockets (of which there are three required) across selvedge, also the collar. Allow $\frac{1}{2}$ in. turnings for seams, $1\frac{1}{2}$ in. hem for pockets, and 1 in. for hem at opening of centre back, also base of coat.

To Make.—Run and fell (by machine) seams of shoulders, under arms, centre back as far as the opening and both seams of sleeves, leaving an opening of $3\frac{1}{2}$ in. in the back seam at wrist. Make 1 in. hem along base of coat and at back opening, stitching the one hem neatly over the other where the seam finishes, a little below the waist. Face in the fronts of coat with a piece of material 6 in. wide, and the bottom of sleeves as far as the opening, fastening the latter with one button and buttonhole, and the fronts with six, the first close at neck, the rest 4 in. apart, and $\frac{1}{2}$ in. back from the edge. Stitch the collar double on the wrong side round the outer edge and sides, turn inside out and stitch round again, then place the neck of coat between the other two edges, putting the centre exactly to the back seam, and it will come to within $1\frac{1}{4}$ in. of front edges. Hem the tops of the pockets on the right side, place one on each front, $21\frac{1}{2}$ in. from shoulder at neck and 6 in. in from the front edge, and the third pocket $12\frac{1}{2}$ in. from shoulder on the left front.

The position of the front seam of sleeve in armhole should be 6 in. from the under-arm seam towards the front, and the back seam $2\frac{1}{4}$ in. down from the shoulder seam, the slight amount of fullness being eased round the top, and to be stitched in with a run and fell seam.



SURGEON'S OR MALE ASSISTANT'S COAT.

PNEUMONIA JACKET.

Material Required.—1½ yd. coarse flannel, 1½ yd. gamgee, 1½ yd. mull muslin, one piece white tape ½ in. wide.

To Cut.—Lay pattern out full size (no joins required), cut exactly to pattern. Place the gamgee on the flannel, and oversew all round the edge with very large stitches to keep the two together. Cut the tape in lengths of about 9 in., and on the flannel sew three either side of fronts about 4 in. in from the edge, and two on each shoulder piece 2 in. in. Over the wadding lay the mull muslin, which is to be cut in three pieces (two fronts, and back), with about 2 in. turnings everywhere, to turn over edge of poultice (muslin not to be fixed, as it is to be easily rolled off to make make room for a fresh one).

QUANTITIES FOR BED LINEN, TOWELS, ETC., WITH APPROXIMATE PRICES.

Articles	Kind of material and quantity required	Price
1 pair sheets ...	6½ yd. white twill calico, 2 yd. wide at	1/3½ per yd.
1 pillow case ...	1 yd. white twill calico 36 in. wide at	6¾d. "
1 bol-ter case ..	1½ yd. white twill calico 36 in. wide at	6¾d. "
1 draw sheet ...	2½ " Bolton sheeting, full width "	1/0½ "
1 roller towel ...	2½ " plain crash, 20 in. wide "	6¾d. "
Fomentation wringer ...	¾ " " " " " " " " " "	" " " "
Towel ...	Bath from	1/3 to 1/11 each
" ...	Huckaback... .. "	1/- " 1/6 "
Glass cloths ...	With red let'e ing "	4/11 to 6/11 doz.
Tea " ...	" " " " " " " " " "	" " " "
Kitchen cloths	" " " " " " " " " "	" " " "
Basin " ...	" " " " " " " " " "	" " " "
Lavatory cloths	" " " " " " " " " "	3/9 " "
Dusters ...	" " check "	2/11 to 4/11 doz.
Dish cloths ...	Loose meshed cotton "	1/- to 1/6 doz.
Bed-pan cover	1 yd. white twill calico 36 in. wide	6¾d. per yd.
" " "	½ " red Turkey twill 34 " " "	8¾d. "

BANDAGES OF ALL DESCRIPTIONS.

Bandages		Quantities unbleached Calico or Madapolam 40 in. wide at 4 $\frac{1}{2}$ d. per yd.		Quantity.
Triangular	...	1 $\frac{1}{2}$ yd. make	...	2
Square	...	2 $\frac{1}{2}$ " "	...	2
Roller—				
3 in. by 12 yd.	...	12 " "	...	13
2 $\frac{1}{2}$ " "	11 " "	11 " "	...	16
3 " "	10 " "	10 " "	...	13
2 $\frac{1}{2}$ " "	10 " "	10 " "	...	16
1 $\frac{1}{2}$ " "	10 " "	10 " "	...	30
4 " "	8 " "	8 " "	...	10
3 " "	8 " "	8 " "	...	13
2 $\frac{1}{2}$ " "	8 " "	8 " "	...	16
1 $\frac{1}{2}$ " "	8 " "	8 " "	...	30
2 $\frac{1}{2}$ " "	7 " "	7 " "	...	16
2 " "	7 " "	7 " "	...	20
4 " "	6 " "	6 " "	...	10
3 " "	6 " "	6 " "	...	13
1 " "	5 " "	5 " "	...	40
2 " "	5 " "	5 " "	...	20
2 $\frac{1}{2}$ " "	5 " "	5 " "	...	16
2 $\frac{1}{2}$ " "	4 " "	4 " "	...	16
1 " "	4 " "	4 " "	...	40
1 " "	5 " "	5 " "	...	40
2 " "	2 " "	2 " "	...	60
2 " "	1 " "	1 " "	...	60

TRIANGULAR BANDAGE.

To Make.—Fold the square of material diagonally, cut through the fold, and make a very narrow hem on the raw edges, to use as a sling, otherwise no hem at all.

To Fold for Storage.—First fold it perpendicularly from centre point to base (the latter being the part that is on the cross of material). Secondly, bring both points over to meet at the corner of fold. Fold this in half to form a rectangle, then fold sides to centre and in half again, and secure with a pin. It may be folded over again for smaller compass if needed.

SQUARE BANDAGE.

Cut the material so that it is square allowing for 1 in. hem all round, beyond 36 in. Fold as small as possible for storage.

ROLLER BANDAGE.

Tear the material the required width lengthwise with selvedge. To start the roll slightly damp the forefinger and thumb of both hands, or it can be started by running a large darning needle or small steel knitting needle through the end; then roll as tightly as possible, placing the loose part in and out through the fingers of the left hand and moving the roll round with thumb and forefinger of the right hand; if easier, roll with palm of hand or flat on the table, whichever way is the quickest, tightest, and most even. Many-tailed bandages, four-tailed, &c., are made up from the different roller bandages as they are required.

THE MAKING OF BED LINEN, ETC.

Making Sheets.—Stitch a 2 in. hem one end and 1 in. the other.

Pillow Case.—Make a $1\frac{1}{2}$ in. hem on half the width at one end, cut off the width of made hem on the remainder and make another $1\frac{1}{2}$ in. hem, thus having one hem lower than the other. Now fold over selvedge to selvedge, turning the one hem in to lie on the other, stitch up sides and across the other end with run and fell seam at raw edge. Sew three linen buttons on the turned in hem, and make buttonholes to correspond in the other.

Bolster Case.—Fold over selvedge to selvedge, stitch a seam along the same, also one end, the latter being made a run and fell seam as being raw edges. Make a 1 in. hem the other end, and at the inner edge sew two sets of tape that when tied will tuck in out of sight.

Roller Towel.—To be joined round with a run and fell seam.

Fomentation Wringer.—Make a narrow hem on each end.

Bed-pan Cover.—Make $\frac{1}{2}$ in. hem at the raw edges of the white twill and stitch a strip of red Turkey twill 3 in. wide (when edges turned in) across the centre lengthways, and another across the width.

HOT-WATER BOTTLE COVERS.

These should be flannel bags with drawstring in two sizes :

14 in. by 12 in.

12 in. by 10 in.

MAKING UP OF SOFT INVALID SLIPPERS.

Material Required.—Sufficient leather, $\frac{1}{8}$ in. in thickness, may be bought from a saddler's for 9d. Cut a paper pattern for sole from a large gentleman's slipper, by standing it on paper and pencilling round; cut to pencil mark (as no turnings are required), place the paper pattern on the leather and cut. Sew a piece of thin flannel on the inside, then sew the sole to knitted part with double linen thread, putting needle backwards and forwards closely $\frac{1}{8}$ in. from the edge of leather. If done carefully the thread will not show on the knitted part. Soles may be bought for these.

FLANNEL VEST AND PANTS.

Material Required.— $3\frac{1}{2}$ yd. flannel at 1s. 0 $\frac{1}{2}$ d. per yd., $\frac{3}{4}$ yd. white calico at 5 $\frac{1}{2}$ d., a piece of tape $\frac{1}{2}$ in. wide, and three linen buttons $\frac{7}{8}$ in. in diameter, also nine small ones.

To Cut.—Fold the flannel over selvedge to selvedge, and lay the straight edge of vest pattern (which is all in one, without shoulder seam) to the fold. Cut out allowing $\frac{1}{2}$ in. turnings down the sides and neck, and 1 in. either end for hems at base; after cutting round the neck, cut through the double edge of front as far as tracing mark on pattern: Now open the flannel and fold it over end to end, so it lays double, but with two selvages either side; lay the pattern of sleeves and pants lengthways with selvedge taking care that the centre of both patterns are the same distance from the selvedge at the top and bottom, so the slope on both sides will be the same; lay the top part of pant pattern on the calico to cut the facing for them the same shape, the depth required being traced on the pattern, also the small square pattern, called the crutch, to be cut in flannel and calico.



FLANNEL PANTS AND VEST.

To Make.—Face the left side of vest with a strip of calico 1 in. wide (when turned in), and on the right side put a double wrap of calico $1\frac{1}{2}$ in. wide, to lay under the other side, both pieces of calico to be 2 in. longer than the opening, and to be stitched neatly and flatly on to flannel beyond, to prevent tearing down. Stitch up the sides, also sleeves, turn up 1 in. hem at base of both, herringbone the latter, also the turnings of seams, turn the neck down on the right side and neaten with tape. Make four small buttonholes on the left side of front, one at neck the others at equal intervals, and sew buttons on the wrap, place seam of sleeve to seam of vest, and ease in round the top. Stitch up seams of pants, leaving an opening of 4 in. at the ankles, neaten with tape and fasten with two buttons and buttonholes (so they will not be too long and bulky to tuck under socks). Fix the flannel part of the crutch to the straight part of pants at the top of the leg, the calico part hemmed on the inside. Face the top and front with the piece of calico cut the same shape, on the right side, make one buttonhole at the top on left-hand side, and two more 3 in. apart, and sew the three large linen buttons on the right-hand side. Place a piece of tape 4 in. long across the back, stitching the centre and either end, also from the side towards front, the two latter being 6 in. long (these to slip braces through).

GENTLEMAN'S SHIRT.

Material Required.— $3\frac{1}{2}$ yd. flannel at 1s. 6 $\frac{1}{2}$ d. per yd., or wincey at 1s. 3 $\frac{1}{2}$ d. per yd., 36 in. wide, or 4 yd. Oxford shirt-ing at 8 $\frac{1}{2}$ d. per yd., 30 in. wide. One dozen small pearl, bone, or linen buttons, according to material, and a paper pattern.

Description.—This shirt can be made with a straight, 1 in. wide linen neckband to wear with the usual stiff collar, but the pattern also includes a soft tennis or cricket collar, which can be made separately and buttoned on, and would probably be found useful in hot weather or for an invalid.

To Cut.—Fold the material, and lay the centre of front and back pattern to the double edge, lengthwise with the selvedge. Place the width of back yoke along the selvedge (yoke to be double), cut these allowing $\frac{1}{2}$ in. turnings, except at neck,

where allow $\frac{3}{4}$ in., and cutting through the fold of the front from the neck 12 in. down. Now open the material and fold it from end to end so you have two selvages each side, and place the centre of sleeve pattern the same distance in from selvedge at the top as the bottom, so that the slope from armhole to wrist will be the same at either side. Lay the wristband with selvedge along one edge, so that it will not need turning in, on the inside of sleeve, thereby reducing the thickness which two raw-edge turnings would cause at the gathered part; the neckband of linen should also have selvedge one edge; Both parts of the separate turnover collar to be laid selvedge way round neck, but not necessarily at the edge of it. Cut material allowing $\frac{1}{4}$ in. turnings, except collar and neckband, on which allow $\frac{3}{4}$ in.

To Make.—First make a $\frac{3}{4}$ in. hem each side of front opening, cut the hems at the bottom and lay the left front hem exactly on the right, folding the lower part of front in a box-pleat. If preferred a piece of material to form a box-pleat may be fixed on the left front, and the other side faced in with an extra piece, in place of hems. Tack a piece of material about 2 in. wide and $1\frac{1}{2}$ in. deep across the cut part; and hem or stitch neatly all round to prevent tearing down. Fix the top of back into the double yoke at the straight edge either with a broad double box-pleat in centre or gathers, leaving 4 in. plain either end near armhole; the gathers being best for wearing and washing. Set the front shoulders plain into yoke. In putting on neckband be careful not to stretch the neck, rather let it lie easy although not gathered. Run and fell side seams, sleeve seams and armhole seams, leaving an opening at wrist of sleeve of 2 in., and 4 in. at side seams of shirt, and make a narrow hem each side of sleeve opening and along lower edge of shirt, then with coarse cotton work threads across from one hem to the other (about $\frac{1}{4}$ in. from seam) and buttonhole stitch them over to form a small loop; this will be found quite as effectual, besides being less clumsy than the old-fashioned gusset to prevent tearing. The sleeves, like the back of shirt, can be fixed into wrist and armhole at yoke, with a double box-pleat or gathers, the latter being preferable; put the seam of sleeve to under seam of shirt. Make buttonholes

on the left side, one in neckband, the rest 3 in. apart, and two in wristband. To make the separate turnover collar, first stitch round the outer edges of the collar on the wrong side, cut the turnings close at the points and notch them where curved; turn inside out and stitch round again on the right side. Insert the raw edges of collar between the top edges of neckband, being careful to put the centre of each together, as the band should be 1 in. longer either end when made; stitch up the ends along the top, turn the collar out, tack in together the turnings of lower edge, and stitch neckband all round. Make a buttonhole in centre and each end of band, also in each of the three points of collar to button over tie on shirt.

GENTLEMAN'S NIGHTSHIRT (B.R.C.S.).

(Approved by the British Red Cross Society.)

Material Required.— $4\frac{1}{2}$ yd. flannel at 1s. 6 $\frac{1}{2}$ d. per yd., or twill calico at 8 $\frac{3}{4}$ d. per yd., pearl or linen buttons $\frac{1}{2}$ in. in diameter.

To Cut.—Fold the material, and lay the centre of front and back pattern to the double edge, lengthwise with the selvedge. Place the width of back yoke along the selvedge. Lay the centre of sleeve pattern the same distance in from the selvedge at the top as the bottom, so that the slope from armhole to wrist will be the same either side. Place wristband along the selvedge, also the neckband and collar. Cut material allowing $\frac{1}{2}$ in. turnings, except neck, collar, and neckband, where allow $\frac{3}{4}$ in. Cut through the fold of front from neck 14 in.

To Make.—Stitch a hem $\frac{3}{4}$ in. wide each side of front opening, cut the hems across at the bottom, and lay the left exactly on the right, folding the lower part of front in a box-pleat. Tack a piece of material, about 2 in. wide and $1\frac{1}{4}$ in. deep, across the cut part, and hem or stitch neatly all round to prevent tearing down. Fix the top of back into the yoke at the straight edge with a broad double box-pleat in centre or gathers, spread out to within 4 in. either end near armhole

Set the front shoulders plain into yoke. Run and fell the side seams, also sleeves, leaving the former open 4 in. at base and the latter 3 in. at wrist. Make a narrow hem along bottom of shirt and at the openings, finishing these last with a small loop made of several threads of coarse cotton from hem to hem, where seam finishes, worked over in buttonhole stitch; this prevents tearing and will be found quite effectual.



GENTLEMAN'S NIGHTSHIRT (B.R.C.S.).

(Approved by the British Red Cross Society.)

and less clumsy than the old-fashioned gusset. Fix the seam of sleeve to under-arm seam of the garment, the fullness being gathered evenly into yoke, the seam of armhole to be a run and fell seam. Stitch the collar round the outer edge and sides on the wrong side, turn inside out and stitch round again. Insert the raw edges of collar between the top edges of neckband, being careful to put centre to centre; the

band should be 1 in. longer either end; stitch and turn out. Place the neck between the two lower edges of neckband, centre to centre back, and ease the front of neck only into it, and stitch on. Make one buttonhole in the band and the others 3 in. apart down left front, and sew the buttons on the right.

ENTERIC SHIRT.

N.B.—This can be cut from same pattern as nightshirt, with the exception that back pattern must be placed with centre back to selvedge, and cut $1\frac{1}{2}$ in. wider to allow for wrap.

To Make.—The enteric shirt is made precisely as the night-shirt, with the exception that in fixing shirt to yoke back the centre back right selvedge edge wraps over centre back left selvedge-edge $1\frac{1}{2}$ in. Also collar must be made in red Turkey twill.

GENTLEMAN'S PYJAMAS.

Material Required.—6 yd. for one suit or 11 yd. for two, 36 in. wide, in flannel at 1s. 6 $\frac{1}{2}$ d. per yd., wincey at 1s. 3 $\frac{1}{2}$ d. per yd., or flannelette at 8 $\frac{1}{2}$ d. per yd. Half a dozen buttons $\frac{3}{4}$ in. in diameter, pearl, bone, or linen according to the material; cotton girdle at 2 $\frac{1}{2}$ d. or 4 $\frac{1}{2}$ d., and a paper pattern.

Description.—The paper pattern is for medium size, as all flannels, whether mixed with a little cotton or not, shrink a certain amount with repeated washings. The jacket has the sleeve in one with front and back, and no seam on the shoulder, so that it will fold as flat as the trousers, and also it is a more comfortable shape than the separate two-piece sleeves.

To Cut.—First fold the material end to end, so that you have two selvedges each side, two raw edges one end and a fold the other. Place the centre back and front of the jacket pattern $\frac{1}{2}$ in. from the selvedge, and the lower edge $1\frac{1}{2}$ in. away from the raw edges, the wrist of sleeve will then lay at the opposite selvedges. Lay the centre of the trouser pattern



Pyjamas, Knitted Straight Cholera Belt, Shaped
Cholera Belt and Small Kneecap.

in the centre of the material, lengthwise with the selvedge, and the neckband and collar by the side of jacket (so they will be selvedge way round neck), and the pocket pattern the same way as the jacket. Now cut material, allowing $\frac{1}{2}$ in. turnings on seams, $\frac{3}{4}$ in. on neck, armholes, sides of pocket, neckband and collar, $1\frac{1}{2}$ in. at top of pocket, base of jacket and trousers, and 1 in. at wrist, which latter being selvedge will only need turning down once for the hem.

To Make.—Run and fell or machine-stitch seams, and face the fronts of jacket with a 3 in. strip of material. Hem top of pocket, turn in raw edges, and tack on to the left front, $2\frac{1}{2}$ in. from the front edge and 12 in. down from the shoulder, then stitch round twice. Make 1 in. hem at sleeve wrist, also lower edge of jacket. Stitch the outer edge of collar on the wrong side, turn inside out, and stitch round again to make it firm; then insert the other edge between the two pieces of neckband, putting the centre of one to the centre of the other, the neckband coming 1 in. beyond either end; stitch up the ends of neckband and along the top, turn the collar out, and stitch along again to hold down the turnings, fix neck of jacket into lower edge of band and stitch on. Make buttonholes $\frac{1}{2}$ in. in from the edge of left front, one in the neckband and the rest 3 in. apart, and sew buttons $\frac{1}{2}$ in. in from the edge on the right side. After seaming the trousers, leaving an opening of 6 in. in the top of front, face in the latter with a strip of material 2 in. wide, wrap slightly and work a buttonhole stitch loop across to prevent tearing. Face in the top or waist part with a piece of material 3 in. wide, through which runs the girdle. Make 1 in. hem at the ankles. The girdle can be worked with crochet cotton, in plain knitting, or crochet 1 in. wide and $1\frac{1}{2}$ yd. long, with tassel or fringe ends of the cotton.

For B.R.C.S.—As an alternative coat to this suit the bed jacket pattern may be used, and instead of facing in fronts with an extra strip of material turn in hem of $1\frac{1}{4}$ in., and use same pattern collar as for pyjama jacket, and not the bed jacket collar.

When making more than one suit cut all jackets first.

GENTLEMAN'S TIE (For Silk or Cotton).

Material Required.— $\frac{3}{4}$ yd. of silk on the cross, and a small piece of swansdown calico.

Cut the width of silk in half, join by the selvedge, and make a narrow hem each side. Fold over at centre of length both sides to make a width of $1\frac{1}{4}$ in., sloping the fold off to nothing, $8\frac{1}{2}$ in. one end of centre and 7 in. the other, put a tack along edge of fold either side, open and lay a piece of swansdown inside just to reach tack without turning, fold over and neatly hem to cover swansdown interlining.

This tie may also be made in cambric for washing, or with a 5 in. wide ribbon, which will not need joining.

MAKING UP OF KNITTED WAISTCOAT.

Material Required.— $1\frac{1}{4}$ yd. of scarlet flannel, $\frac{3}{4}$ yd. black Italian cloth, sufficient for two, a small buckle and 4 yd. plain black braid for binding the edges.

Scarlet flannel being single width the correct quantity for one may be bought, but the Italian cloth being very wide double width half of it only is used for one, as it would not wear well cut length of waistcoat across selvedge, neither would a seam in centre of back look well. Fold over half the width of the Italian cloth and lay the pattern for back of waistcoat to the fold, selvedge way down; cut, leaving $\frac{1}{2}$ in. turning all round. From the small pieces cut the pocket and strap for back. Stitch round pockets twice for strength (raw edge), as they go between the knitted part and the lining, over-sew top of lower edge of pocket to the opening left in knitting and bind neatly with braid, backstitching it on. Bind the top opening of knitting with braid without the pocket, finishing the corners neatly with a mitre, then stitch top part of pocket flat to top part of opening through the braid, tack the opening close together on right side and press well from the back, first laying a slightly damp cloth over to prevent scorching the wool. Tack the flannel lining to knitted fronts and bind the edges with braid, with the exception of shoulder and

under-arm seam, which must be inserted between the flannel and lining of back, the edges of which having been previously turned in. The ends of back strap fixed on the black lining 3 in. from lower edge, and the armhole and neck turnings well notched to make them set. Machine-stitch flat through; after tacking, work buttonholes, sew on buttons, also buckle to strap.

GENTLEMAN'S DRESSING COWN (B.R.C.S.).

Material Required.— $3\frac{1}{2}$ yd. of soft thick tweed or lambs-wool, 54 in. wide, or $6\frac{1}{2}$ yd. of single width material.

To Cut.—Place the pattern of front to selvages and the centre back to fold, the top and under sleeves in line with selvedge lengthways, placing them according to the straight lines of pattern. The small roll collar (which is really the underside when the garment is finished) should be cut on the cross, the facing being the right side of collar; it also has a join in centre back as the front lies to the selvedge. Allow $\frac{1}{2}$ in. turnings everywhere except lower edge of garment, where allow 2 in. for hem.

To Make.—Stitch up side seams, shoulders, seams of sleeves, and press open. Turn in edges either side like a small hem and stitch flat, or, if a very thick material, bind the edges with Prussian binding. Stitch the hem of pockets, place one on each front, midway between side seams and centre front and 30 in. down from the shoulder, and the breast pocket 3 in. in from the centre on left front and 12 in. down from the shoulder. Face the wrist of sleeves to a depth of 4 in. on the right side and stitch forming a flat cuff. Place front or shorter seam of sleeve in armhole $4\frac{1}{2}$ in. from the side seam towards the front, and the back seam $2\frac{1}{2}$ in. down from shoulder seam, and ease slightly round the top. Pin centre of short collar to centre back seam at neck, pin carefully along to either end, stitch and press open the seam. Stitch and press open the seam in centre back of facing, lay right side to the right side of garment beginning with centre back neck, and stitch right round collar and fronts, turn inside out, first notching the turnings where curved, tack



GENTLEMAN'S DRESSING GOWN (B.R.C.S.).

edges firmly, and stitch round again about $\frac{1}{4}$ in. in, turn in or bind the other edge of facing and stitch flat. Press well, let collar roll over, and put first buttonhole where it sets nicely when on, button holes to be about 6 in. apart. Make a tab 3 in. long and 1 in. wide and stitch at under-arm seam, 7 in. or 8 in. down, through which put a thick cord and tassels for the waist, and finish off edge of collar, cuffs and pockets with a much finer cord.

KNITTING.

HOW TO KNIT.

To Cast on Stitches.

First allow end of wool in the proportion of 1 yd. to 30 stitches, to the right hand, placing it over the little finger, under the two next, and over the forefinger, and take needle between finger and thumb. Hold in left hand the wool coming from ball, putting it round the thumb twice for the first stitch, then put needle through wool on thumb, place right hand wool over it and draw through, keeping the stitch thus made on the needle, adding the remainder of required number in the same way, except that the wool will only need putting once round thumb for each consecutive stitch.

Plain Stitch.

Hold work in left hand, and put right-hand needle through front of stitch and with the forefinger of same place wool over needle at back of stitch, draw wool through and keep on right-hand needle, dropping the stitch from left-hand needle.

Purl Stitch.

Place wool over right hand, needle towards worker, then put the needle into front of stitch, place wool over and draw through in a backward direction.

Ribbing.

This is 2 plain stitches and 2 purl, 3 or 4 of each or odd according to fancy, and is used for tops of socks or anywhere it is needed to hold closely: the wool on the right hand must be at the back of work for plain knitting and brought to the front for purl stitch.

Decreasing or Narrowing.

Knitting 2 stitches together.

Increasing or Making One.

Making 2 stitches out of 1 by knitting the back and also the front of stitch before dropping it.

To Cast off Stitches.

Knit 2 stitches on to right-hand needle and draw the first knitted over the second with the point of left-hand needle, draw stitch left on right-hand needle slightly loose, knit another stitch and repeat.

Holes for Threading.

Knit 1, put wool over, knit 2 together, next row plain; knitting the wool put over to form a stitch.

Row

is when working on two needles. Slip first stitch.

Rib

is two rows counted as one when knitting plain both sides on two needles.

Round.

When knitting on four needles.

Directions given for the garments in the following chapter are for medium knitters, those who knit tightly should use size larger needles, and those who knit loosely a size smaller. Always slip the first stitch when knitting with two needles only.

KNITTED TIE.

Required.—Two needles, No. 13; $\frac{1}{2}$ oz. black D.M.C., size 5; $\frac{1}{2}$ oz. red D.M.C., size 8.

Cast on 24 stitches (using black and red thread together), knit first row plain, second row slip 1, knit 1, purl 1, repeating the last 2 stitches to the end of the row. The



KNITTED WAISTCOAT, SLIPPER, SOCK, TIE.

third row the same. Reverse the purl and plain for 2 rows, and repeat the pattern until a length of $13\frac{1}{2}$ in. is knitted, then decrease 1 stitch at the beginning and end of the needle every seventh row until 10 stitches are left on the needle, keeping to pattern all through; continue without decreasing until a length of 14 in. above last decreasing, then increase 1 each end of needle every seventh row until there are 24 stitches on the needle, then knit to length of 11 in. from last increase and cast off.

SCARF.

Required.—Two steel needles, No. 11, 6 oz. 4-ply fingering. For a scarf in basket pattern. Cast on 50 stitches.

1st row—Plain.

2nd row—Knit 7 plain, 3 purl, repeat to end of row.

3rd row—Knit 3 plain, 7 purl, repeat to end of row.

4th row—Knit 7 plain, 3 purl, repeat to end of row.

5th row—Plain.

6th row—Knit 2, purl 3, knit 7; repeat as from the beginning of this row, ending with knit 5.

7th row—Purl 5, knit 3, purl 7, repeat, ending with purl 2

8th row—The same as 6th row.

9th row—Plain.

Repeat pattern to length required.

A PLAIN SCARF.

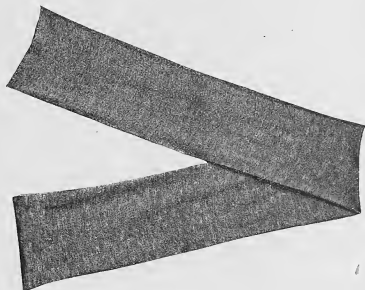
For a plain scarf cast on 50 stitches and knit forward and backward for the length required, taking care to slip the first stitch. It will take the same quantity of wool.

SCARF (B.R.C.S.).

(Approved by the British Red Cross Society.)

Required.—14 oz. second quality 4-ply fingering, two wood or bone knitting needles, No. 6.

Cast on 96 stitches. Knit 1, pass wool to front of needle, slip 1 (as though about to purl-stitch), pass wool to back of needle and repeat. The first stitch in each row must be knitted. A length of $2\frac{1}{2}$ yd. should be made, and the muffler should measure 12 in. wide.



SCARF (B.R.C.S.).

(Approved by the British Red Cross Society.)

May be used in various ways—such as helmet and scarf combined (see illustration), a sling, a crossover, or turned in halfway as a bag, &c., &c.

SIMPLE KNITTED BELT (B.R.C.S.).

Required.—5 oz. double white knitting wool and two long bone needles, No. 10.



SCARF IN USE AS COMBINED HELMET AND MUFFLER (B.R.C.S.).

(Approved by the British Red Cross Society.)

Cast on 250 stitches, knit 2 plain and 2 purl for a depth of 14 in., and cast off.

Some belts should be sewn round, others left open to fasten with safety pins, as being more convenient in some cases.

SHAPED CHOLERA BELT.

Required.—3 oz. soft fingering and two 10 in. steel needles, No. 10.

Cast on 60 stitches and knit backwards and forwards until 24 rows are done. Then knit 1 at the top, and make 1, knit to the end of the row, leaving 3, and take 2 together and knit the other 1. Knit 6 rows between the narrowings and 12 between the increasings; when 112 rows are done, or 7½ in., and there are 52 stitches on the needle, leave off increasing and decreasing. Then knit 26 rows and increase at the bottom of the belt 1 stitch and knit 6 rows between each increase; when the stitches are increased to 65 stop increasing, and knit forward and backward for 3 in., or 40 rows, then decrease at the bottom, knitting 6 rows between until 52 stitches remain, then decrease 1 stitch at the top of the belt and knit 12 rows between. Then increase 1 stitch at the bottom belt until 60 stitches are on the needle. Then knit backwards and forwards until 38 or 40 rows are done. Then make the button-holes by casting off 3 stitches at intervals and making 3 stitches on the next row, by putting the wool over the needle and knitting off. Then knit 6 rows and cast off.

N.B.—The first and last 3 in. of depth should be knitted on needles three sizes finer.

MITTENS.

Required for Full-size Pair.—2 oz. heather mixture fingering, four No. 13 steel needles.

Cast on 68 stitches and knit 2 purl and 2 plain for 36 rounds, then knit 12 rounds plain.

Increase 1 stitch at the beginning and end of 1 round, then 1 round plain, repeat, increasing 1 further in beginning



KNITTED NIGHTINGALE, MITTEN, HELMET, MUFFLER.

of round and 1 further back from end of round until 12 stitches are added on the first and last needle; place the 24 extra stitches on a piece of cord, join needles again by taking 2 stitches together, and knit 6 rounds plain, then 2 plain and 2 purl for 18 rounds and cast off. Now place on three needles the 24 stitches for the thumb, knit 6 rounds plain, and 18 rounds rib and cast off.

BED SOCKS.

Required.— $3\frac{1}{2}$ oz. white or natural soft Scotch fingering and four steel needles, No. 11.

Cast on 99 stitches and divide on three needles. Knit first round plain second round 2 purl and 2 plain; continue the purl and plain until a depth of $2\frac{1}{2}$ in. is knitted, then knit 1 round plain, decreasing 1 stitch beginning and end of each needle. Next round, knit 1, put wool over the needle (which is left to be knitted as a stitch in the next round), and knit 2 together, repeat to end of round. Next round plain; continue these last 2 rounds alternately until a depth of 5 in. of pattern is attained, making last round plain, in which decrease 1 beginning and end of each needle. You will now have 87 stitches all round. Place 43 on one needle, and 22 on each of the other two, then knit backwards and forwards the 43 stitches (leaving alone the other two needles), making a seam stitch of the centre one, purl the wrong or inside, and knit the right side plain, continue until a piece is knitted 3 in. in length, finishing at end of plain row. Purl back to 1 past the seam stitch, knit 2 together, knit 1, turn and slip the one last knitted and knit to 1 past the seam stitch on the plain side, again knit 2 together and knit 1 (the seam stitch may now be discontinued). Turn and knit to gap, taking 1 stitch each side of it together, knit 1, turn and repeat (always slipping the first stitch when turning) until the last 2 are knitted together each end of the needle, finishing on the plain side. Put down one needle, and with the same the stitches are on knit up each of the loops down the side, until you reach one of the needles on which 22 stitches were left, and knit 4 off that as well. Now take up the needle previously laid down,

and knit the remainder of the first 22, also the second 22 with the exception of the last 4, knit these latter on to the spare needle, and on the same knit up the loops on the other side of heel, also half the heel stitches at top. Now knit round, keeping to the pattern on the front needle, but the sides of the heel plain, decreasing 1 stitch at the end of each plain needle near the front every other round until there are 82 stitches all round, keep knitting round the same without decreasing until a length of 7 in. from the taking up of the stitches by the side of the heel, then knit plain all round, taking stitches from each end of the front needle on to the sides to make even number on each, decreasing the odd one.



BED SOCK.

Knit round, decreasing beginning and end of the needle; knit 2 rounds plain, decrease again, 2 more rounds plain, then alternate rows decrease and plain, until 11 stitches on each needle; now decrease each round until 2 stitches on each, and take the first 2 together, put down one needle, place the remaining two needles with 2 stitches on each side by side, taking care not to drop the needle with 1 stitch on, and with the latter take 1 off each of the two needles together, and draw the first stitch over the second; repeat with the remaining 2 and draw the wool through the last stitch, having previously cut the wool, leaving about 6 in., which should be taken through and neatly darned down on the wrong side.

BED SOCKS (HEEL-LESS) (B.R.C.S.).

(Approved by the British Red Cross Society.)

Required.—5 oz. white double knitting wool, four No. 8 bone or vulcanite needles.

Cast on 60 stitches, that is 20 on each of three needles. Knit 1 round plain; then knit 2 plain and 2 purl until a length of 10 in. is knitted. Then knit all plain for another 10 in. *Count the number of stitches, putting half on one needle and dividing the other half between the other two needles; then work round, knitting 2 stitches together at the end of one needle with small number of stitches and beginning of next; and knit 2 together twice in the middle of needle with large



HEEL-LESS BED SOCK (B.R.C.S.).

(Approved by the British Red Cross Society.)

number of stitches, until 5 stitches are left on each of two needles and 10 on the other. Place the two fives on one needle, then hold the two needles together and cast off 2 stitches at a time (that is one from each needle), and fasten off firmly with a darning needle.

***Round Toe** (B.R.C.S.).—The above being preferred by some hospitals :—

Knit 1 round plain, next round decrease the beginning and end of each needle 1 stitch. Knit 5 rounds plain; knit 4, take 2 together, repeat to end of round, knit 4 rounds plain; knit 3, take 2 together, repeat to end of round, knit 3 rounds plain; knit 2, take 2 together, repeat to end of round, knit 2 rounds plain; knit 1, take 2 together, repeat to end of round, knit 1 round plain; next round knit every 2 together, then

knit 2, slip the first knitted over the other, continue to last stitch, through which draw the wool, leaving a length of 4 in. or 5 in. to be neatly fastened off with a darning needle.

OPERATION STOCKING (B.R.C.S.).

(Approved by the British Red Cross Society.)

Required (for a pair).—8½ oz. white double knitting wool, four No. 8 bone needles.

Cast on 68 stitches, placing 24 on each of two needles and 20 on the other. Knit 1 round plain, then knit 2 purl and 2 plain until a length of 34 in. is knitted. Knit 1 round plain.* Count the number of stitches, putting half on one needle and dividing the other half between the other two needles. Then work round, knitting 2 stitches together at the end of one needle with small number of stitches, and the beginning of next, and knit 2 together twice in the middle of the needle with large number of stitches, until there are 5 left on each of two needles and 10 on the other. Place the two fives on one needle, then hold the two needles together and cast off 2 stitches at a time (that is one from each needle) and fasten end off firmly with a darning needle.

***Round Toe** (for B.R.C.S.).—The above being preferred by some hospitals:—

Knit 1 round plain, place 22 stitches on one needle and 23 on each of the other two, then take 2 together in centre of 22 stitches and 2 together beginning and end of each of the 23 stitches. Knit one round plain, knit 5, take 2 together, repeat to end of round, knit 5 rounds plain; knit 4, take 2 together, repeat to end of round, knit 4 rounds plain; knit 3, take 2 together, repeat to end of round, knit 3 rounds plain;



OPERATION STOCKING (B.R.C.S.).
(Approved by the British Red Cross Society.)

knit 2, take 2 together, repeat to end of round, knit 2 rounds plain; knit 1, take 2 together, repeat to end of round, knit 1 round plain; next round knit every two together, then knit 2, slip the first knitted over the second, continue until the last stitch, through which draw the wool, leaving a length of 4 in. or 5 in. to fasten off neatly with a darning needle.

GENTLEMAN'S SOCKS (B.R.C.S.).

(Approved by the British Red Cross Society.)

Required.—Four steel needles, No. 12; 4 oz. best Scotch fingering, or 5 oz. second quality.

Cast on with three needles 89 stitches. Knit first round plain, second round knit 2 plain and 2 purl, continue until a depth of $3\frac{1}{2}$ in. is knitted. Now knit round plain with the exception of last stitch on third needle, which is knitted purl for seam stitch. After knitting 3 in. plain, decrease 1 stitch each side of seam stitch, knit 6 rounds plain, repeat until 4 decreasings have been made, then knit round and round until a depth of $7\frac{1}{2}$ in. from rib is attained. Divide stitches for heel, placing 41 on one needle, the odd one to be the seam stitch in the centre, and 20 on each of the two needles to come either side of the one with 41. Knit the 41 backwards and forwards, purl on the wrong side and plain on the right (leaving the two side needles alone) until a depth of $2\frac{1}{2}$ in., finishing at end of plain needle. Now purl back to 1 past seam stitch, take 2 together, knit 1, turn and slip the last knitted; knit to one past seam stitch (which is now discontinued), repeat, turn and knit to the gap formed by the turning, taking 1 each side of it together, knitting 1 and turning again until the last 2 either end of row are taken together, finishing end of plain row. With the same needle the stitches are on knit up the loops down the side, also 2 off the first needle with the 20 stitches on, then take the spare needle and knit remainder of the 20 with 18 of the other 20, knit the remaining 2 on another needle and with it knit up the loops on the other side of heel also half the heel stitches. Now knit 1 round plain, next round decrease

1 stitch end of needle towards front which is the one with 36 stitches on, knit the latter plain and decrease 1 stitch beginning of next needle, repeat these 2 rounds until there are 18 stitches on each side needle making 72 all round; take stitches off equally both sides of front needle, so there will be 24 on each needle, and knit round plain until a length of $7\frac{1}{2}$ in. from picking up of heel. Now decrease 1 stitch each end of needle 1 round, then knit 3 rounds plain, decrease again, knit 2 rounds plain, repeat, and after the second 2 rounds plain decrease 1 round and 1 round plain until 10 stitches on each needle, then decrease each round until 2 on each needle; take the first 2 together, be careful not to drop the 1 stitch on right-hand needle; put down the one needle, put the two remaining needles side by side, and with the needle holding 1 stitch knit one from each of the two needles together, and draw the odd 1 over, repeat with the remaining 2, and pull the wool through, breaking it off to leave an end of about 6 in., which should be neatly darned down on the wrong side.

This is for medium size, the two other sizes usually made need to be 1 in. shorter or longer in foot only.

KNITTED WAISTCOAT.

Required.—6 oz. fingering (6-ply), No. 11 long steel needles.

Cast on 4 stitches, knit 2 rows increasing 1 stitch each side. Knit plain, increasing 5 stitches on the armhole side each row (and in every fourth row increase 1 stitch on the buttonhole side until the point is long enough, or until 6 stitches have been increased on the buttonhole side). Continue increasing 5 stitches on armhole side only until there are 80 stitches, then knit 12 rows plain. For buttonholes cast off 4 stitches, leaving 3 stitches to knit at end of row. On return row knit 3, cast on 4 stitches to complete buttonhole, knit plain to the end of row. Continue knitting plain, buttonholes should be $2\frac{1}{2}$ in. apart and 6 in number. The first pocket should be started when $4\frac{1}{2}$ in. from armhole end of needle has been knitted. For the pocket knit 13 stitches from the armhole side, then cast off 34 stitches, knit to the

end of row and back again, then cast on 34 stitches to correspond with those cast off, knit to the end of needle. When $5\frac{1}{2}$ in. more knitting has been done, for top pocket knit 17 stitches from armhole, cast off 30, knit to end of row and back, then cast on 30 to correspond with those cast off, knit to the end of row. Continue knitting until $1\frac{1}{2}$ in. more has been done, then cast off 4 stitches at armhole end each row until 20 stitches have been cast off. Then cast off 1 stitch, knit 2 rows between, cast off 1 stitch next 3 rows. Continue knitting until buttonholes are finished. Knit 7 rows plain. For neck part cast off 1 stitch at end of needle for 7 rows, then knit casting off 1 stitch with three rows between until 6 stitches have been cast off. Then increase 1 stitch at armhole, keeping 46 stitches on needle. Knit 5 rows, cast off 1 stitch at neck, and increase 1 stitch at armhole until desired length is reached (or $10\frac{1}{2}$ in. from top pocket). Then at armhole end cast off 4 stitches, knit to end and back again casting off 6 stitches. Repeat until all are cast off. Make second half of waistcoat reversing and omitting buttonholes.

HELMET.

Required.—4 oz. Scotch fingering, four No. 11 needles.

Cast 42 stitches on first needle, 45 on second needle, and 39 on third needle. Knit plain 42 rounds, or $4\frac{1}{2}$ in., which form the roll over. Then work in ribbed knitting 3 plain and 3 purl for 42 rounds, or $4\frac{1}{2}$ in. Slip 39 stitches on to a spare needle, and continue knitting plain, backwards and forwards, the remaining 87 stitches (which for convenience can be worked on two needles, unless extra long needles are used) until 80 rows are done. Next row knit 50, take 2 together, knit 1, turn, slip first stitch, knit 13, take 2 together, knit 1. Turn, slip first stitch, knit to gap, take 2 together (one each side of gap), knit 1. Turn and repeat until end of needles are reached. This forms a piece resembling the heel of a stocking. Pick up 41 stitches down one side of flap; turn, knit back and pick up 41 stitches down other side of flap. Knit in ribbing 3 plain and 3 purl, and with the last stitch of each row knit 1 stitch off spare needle of 39 stitches until only 21 stitches are left on spare needle, then cast off.

GENTLEMAN'S KNITTED SLIPPER (B.R.C.S.).

(Approved by the British Red Cross Society.)

Required.— $3\frac{1}{2}$ oz. 4-ply petticoat fingering (for one pair), and four No. 8 bone needles.

Cast on 16 stitches and work backwards and forwards in plain knitting for 66 rows, or $6\frac{1}{2}$ in. (on two needles only), then cast on 34 more stitches, knit 20 rows plain. Then commence decreasing for the toe; slip 1, knit 1, take 2 together, knit to within 4 stitches of end of row, take 2 together, knit 2. Next row plain. Continue these 2 rows until only 16 stitches are left. Cast off loosely. Pick up 16 stitches where the 34 were cast on, leaving 18 at the centre for the instep. Then work backwards and forwards 66 rows and cast off; join at back. On three needles pick up 18 across instep and 37 on either side. On four needles work 8 rows of ribbing, 1 plain, 1 purl. Then 13 rows plain (for roll over), and cast off loosely. Sew to leather sole (size 11).

CAPE—NIGHTINGALE PATTERN.

Material Required.—1 lb. 6-ply fingering, two long steel needles No. 10, two long bone needles No. 8. To be worked in two parts.

Cast on 139 stitches on one half and 141 on the second half.

1st row.—Plain knitting.

2nd row.—Purl.

3rd row.—Plain.

4th row.—Purl.

5th row.—Plain.

6th row.—Purl.

7th row.—Knit 6 in the next stitch, knit 1 six times making 6 stitches out of 1 stitch, now repeat from the beginning of this 7th row till you get to the end of the row, having 6 stitches at the end, and the second half 1 stitch outside the pattern. Then purl off all the stitches. Now knit plain, then purl and plain again, making six needles in all. The next needle purl 6, slip the next stitch and knit 5 stitches together and pass the slipped stitch over, then purl 6 and

repeat to the end of the row. Work like this until 8 lines of raised caterpillars are done. Between each caterpillar there should be four rows, 2 plain and 2 purl. When the 8 caterpillars are done, knit until you have only 25 stitches left from the end of the needle. Turn the work round and purl the remainder. Now repeat the caterpillar, always having 6 lines in each. Next do 20 plain, and in the next row plain again. Now knit plain to within 40 stitches from the previous stoppage. The next row purl and repeat caterpillar as before. Then plain, and the next row purl all the stitches to the end of the row where the small space is made. When knitting the rows backwards and forwards pick up the stitches and pass one over the other and put it on the needle and knit it with the other one. Now work another caterpillar, and four rows after, then knit 9, knit 2 together, knit 5, knit 2 together, again knit 5, and 2 together. Then knit two rows, then knit 8, knit 3 together, knit 9, knit 3 together again, knit 3 together, knit 9, knit 3 together. Now purl one needle. Knit 3, knit 3 together, knit 9, knit 3 together again, knit 3 together, knit 9, and knit 3 together. Next purl, then knit 3, knit 3 together, knit 8, next knit 3, knit 2 together, knit 8, knit 3 together to the end of the row, then purl, then plain and cast all the stitches off.

Knit lining and put it to the cape. Work each side of the front in with a double crochet to strengthen the front. For the edging for neck work 1 double crochet at the top, miss 1 stitch and do 6 treble in the next and repeat. For the next row 1 double crochet and 6 treble in the reverse position. Work a crochet chain and run in between the rows. For the edging cast on 18 stitches.

- 1st.—Plain.
- 2nd.—Purl.
- 3rd.—Plain.
- 4th.—Purl.
- 5th.—Plain.
- 6th.—Purl.
- 7th.—Plain.
- 8th.—Purl.
- 9th.—Plain.
- 10th.—Purl.

11th.—Purl and repeat for the length required. Sew on loosely with a crochet chain. The edging should set in pleats. Work with large bone needles the same as the lining is done with.

Cape Lining.—Cast on 180 stitches. Knit forward and backward for 31 ribs or until you have 62 rows. Then knit 28 stitches and put them on to a string, leave also 28 stitches on the string the other end of the needle, and knit forward and backward for five rows. Then put 24 more stitches on the string each end of the needle and knit forward and backward for six rows. Take up all the stitches on the needle, there should be 180 stitches; knit the row until you come to the places where the stitches were cast off. Take another needle and pick up 1 stitch and then another and pass one over the other. When all the stitches are up put the one on the needle and knit that stitch with the one on the needle. This takes away the hole. Now knit forward for three rows. The next row knit 9, take 2 together, knit 5, take 2 together, and so on to the end of the needle. There should be 9 stitches at the end. Then knit three needles. The next needle knit 8 and 3 together, then knit 5 and 3 together, and repeat to the end with 8 stitches. Knit one row, the next row knit 3, knit 3 together, knit 4, knit 3 together, knit 3 at the end. Knit one row. The next needle knit 3, knit 3 together; knit 4, knit 3 together, and knit 3 at the end. End the lining by knitting four rows and cast off. There should be 58 or 60 stitches.

JERSEY—MEDIUM SIZE.

Material Required.—1 lb. 6-ply fingering at 4s. 11d. per lb. (more or less according to length), four bone knitting needles 15 in. long, and four 10 in., size 8.

To Knit.—With the two long needles cast on 100 stitches and knit 2 plain and 2 purl (not forgetting to slip the first stitch of each round) for a depth of 4 in. Now knit 1 purl and 1 plain, knit until length required to shoulder; a medium length being 23 in. Knit 33 stitches (keeping to the pattern), then place the next 34 stitches on to a piece of twine

just thick enough to fill the stitch and secure the ends so it will not let the stitches drop. Cast on to the needle, holding the previously knitted 33, 34 stitches (to replace those put on the twine) and knit the remaining 33. Knit in pattern to the same length as before, finishing with 2 plain and 2 purl rib, and cast off.

The Neck to form Roll Collar.—Divide the stitches left on the twine on two needles, knit one to start the wool, take another needle and knit up the 34 made stitches and knit those left on third needle, now knit 1 purl and 1 plain, to form rib for a depth of 5 in., backwards and forwards, not round and round, as is usual when working with three needles, so that it will be open in the front, forming two points when rolled over, also allowing the front neck to fall a little lower than the back when worn. Carefully join the sides together with a darning needle, from bottom of rib, leaving sufficient open for armhole at top.

The Sleeve.—Cast on to three short needles 87 stitches, making 29 on each needle. With the fourth needle knit round plain, then in pattern to match body of jersey, for a depth of 1 in. Decrease 1 stitch end of one needle, and 1 the beginning of the next, knit 3 rounds, and decrease again the fourth round (always at the same corner), repeat until 63 stitches remain. Knit 7 in. without decreasing, then repeat decreasing, but with 6 rounds between, instead of 3, until 51 stitches left; continue without decreasing for another 2 in., then knit 2 plain and 2 purl to form a rib about 3 in. for wrist, cast off fastening end of wool neatly with a darning needle and sew sleeve in armhole, placing the corner where the decreasings were made to the seam of jersey.

GENTLEMAN'S GLOVE (B.R.C.S.).

(Approved by the British Red Cross Society.)

Required for One Pair.—2 oz. second quality fingering (4-ply), four No. 12 steel needles.

Cast on 60 stitches, that is 20 on each of three needles. Knit 1 round plain, then 2 plain and 2 purl for 24 rounds, making a length of $2\frac{1}{2}$ in. Knit 6 rounds or $\frac{1}{2}$ in. plain. Now

start increasing for the thumb, making 2 stitches out of 1 (by knitting the back and front of a stitch before taking it off the needle) the last stitch but one at the end of the needle, and the second stitch at the beginning of the next needle (one corner only) every alternate round, and making 1 stitch farther back each time, until there are 10 stitches extra on each of two needles. Knit 6 rounds without increasing; then on a piece of twine place the 20 extra stitches (that is 10 from each needle at the thumb corner). Join needles and knit 15 rounds plain, making $1\frac{1}{2}$ in. Now put the stitches on to a piece of twine, with the exception of 9 on each of two needles either side of thumb corner. With a third needle take 1 from the end of needle near the string, make 6 stitches, take 1 off the next needle, this makes 8 stitches on each needle. Knit 18 rounds plain. In the next round decrease 2 stitches at equal distance from each other. Knit 16 rounds plain. In the next round decrease 2 stitches as before; this will leave 6 on each needle. Knit 1, take 2 together twice, knit 1, on each of the three needles. Next round take 2 together twice, knit 2, take 2 together; put the remaining two needles side by side, taking care not to lose the right-hand needle holding the 1 stitch. Take 1 from each of the needles, draw the first stitch over, repeat with the remaining 2 stitches, and pull wool through the last stitch, leaving an end of 4 in. or 5 in. to be taken through and neatly darned down on the wrong side. For the next finger take 8 from the string on each side, pick up 6 from the first finger, and make 4 between the stitches taken from the string. Knit 20 rounds plain, decrease 1 stitch in the centre of each needle. Knit 18 rounds plain, and finish off as before; this finger should be barely $\frac{1}{2}$ in. longer than the first finger. For the third finger take up 7 from the string on each side, pick up 6, and make 4, knit the same as the first finger. Take up the remaining stitches from the string, pick up 6 stitches from the last finger; knit 28 rounds plain, and finish off. Now take up the 20 stitches left on the string for the thumb; pick up 4 to avoid gap; knit 16 rounds plain, then decrease 1 in centre of each needle; knit 14 rounds plain, and finish off.

CENTLEMAN'S MITTEN (WITH FINGERS).

Required for One Pair.—2 oz. second quality fingering (4-ply), four No. 12 steel needles.



GLOVE WITH HALF FINGERS (B.R.C.S.).

(Approved by the British Red Cross Society.)

Cast on 60 stitches, that is 20 on each of three needles. Knit 1 round plain, then knit 2 plain and 2 purl for 24 rounds, making a length of $2\frac{1}{2}$ in. Knit 6 rounds or $\frac{1}{2}$ in. plain.

Now start increasing for the thumb (making 2 stitches out 1 by knitting the back and front of a stitch before taking it off the needle), the last stitch but one at the end of a needle and the second stitch at the beginning of the next needle (one corner only) every alternate round, and making 1 stitch farther back each time until there are 10 extra stitches on each of two needles. Knit 6 rounds without increasing, then on a piece of twine place the 20 extra stitches (that is 10 from each of two needles at the thumb corner). Join needles and knit 15 rounds plain, making $1\frac{1}{2}$ in. Now put the stitches on to a piece of twine, with the exception of 9 on each of 2 needles either side at the thumb corner. With a third needle take 1 from end of needle near the string, make 6 stitches, take 1 off next needle, which makes 8 on each needle. Knit 3 rounds plain and cast off loosely. For the next finger take 8 from the string on either side, knit up 6 from the first finger and make 4 between those on string end; this makes 9 stitches on each of 2 needles and 8 on the other. Knit 6 rounds plain and cast off loosely. For the third finger take 7 stitches from the string on each side, knit up 6 from the last finger, make 4 at the other end, this makes 8 stitches on each needle. Knit 6 rounds plain and cast off loosely. Take the remaining 12 stitches from the string, pick up 6 to make 6 on each needle. Knit 5 rounds plain and cast off loosely. Now pick up the stitches for the thumb, and knit up 6 at the gap, making 9 on two needles and 8 on the other. Knit 8 rounds plain and cast off loosely.

It will probably be found necessary sometimes to pick up more stitches than the number required, from the previous finger to avoid any holes, but if so they can be decreased in the next round to make the number right.

For one size smaller use No. 14 needles.

KNITTED GLOVES (LADY'S).

Material Required.— $2\frac{1}{2}$ oz. 4-ply fingering and four steel needles No. 14.

To Knit.—Cast on to three needles, 26 stitches on each, knit 1 round plain, knit a rib of 3 plain, 1 purl for a depth

of 5 in. Knit 1 round plain, decreasing the beginning and end of each needle, and knit a rib of 2 plain and 2 purl for $2\frac{1}{2}$ in., decreasing beginning and end of each needle in the last round (this last decreasing keeps the rib at wrist from spreading too much when worn). Pattern for palm of hand to be 1 plain and 1 purl alternately. After 1 in. of pattern start increasing for thumb, making 2 stitches out of 1 (by knitting the back and front of the stitch before taking it off the needle), the last stitch but one at the end of one needle, and the second stitch at the beginning of the next, every alternate round, and 1 stitch further back each time; the stitches for the thumb being knitted plain, not in pattern. When 22 stitches are made, knit 4 rounds without making stitches, then on a piece of twine place 12 stitches from each needle at the thumb corner. Join needles by taking two together,



LADY'S GLOVE.

continue pattern 2 in. Now place the stitches on a piece of twine, with the exception of 9 the end of two needles nearest the thumb, and between these two nines make 4 stitches with a third needle, and take 2 stitches from those on either side to make 8, knit round plain for about $1\frac{1}{2}$ in., then decrease the odd one, and knit round another $1\frac{1}{2}$ in., then decrease 1 stitch each needle, knit 1 round plain, and continue decreasing until 1 left, and draw wool through, fastening end firmly on wrong side with a darning needle. For next finger take 9 each side from the twine, knit up the 4 previously made (from the inside to leave no holes), and make 4 more on the other side, between the two nines, knit same as forefinger, but making it $\frac{1}{2}$ in. longer and decreasing 1 on each needle about midway of the length. Third finger, take 7 from each side of twine, knit up 4, and make 4, continue same as forefinger. For the little finger, take the remaining 12 from

the twine, knit up 4, decrease 1/2 midway, and finish same as before, but 1 in. shorter. Now pick up the thumb stitches, knit up 2 at corner to avoid hole, decreasing these two by knitting each with one of the others either side when knitting round; after knitting about 1½ in., decrease 1 on each needle, knit 1 in., and finish off.

KNEE-CAP (SMALL).

Material Required.—1 oz. best fingering, four No. 12 needles.

Cast on 49 stitches, and knit the first round plain.

2nd round.—Knit 10, purl 29, knit 10.

3rd round.—Plain.

4th round.—Purl.

5th round.—Knit 10, purl 29, knit 10.

6th round.—Purl. Repeat these six rounds twice more.

19th round.—Knit 24, increase 1, knit 1, increase 1, knit 24.

20th round.—Knit 10, purl 31, knit 10.

21st round.—Knit 24, increase 1, knit 3, increase 1, knit 24.

22nd round.—Purl 24, knit 5, purl 24.

23rd round.—Knit 24, increase 1, knit 7, increase 1, knit 24; every alternate round purl 24 and knit those between, and purl 24 until 22 ribs are done or there are 45 stitches besides the 24 each side of the rib part. Then knit 6 rounds without any increase; then decrease by knitting 2 together every other round until the 49 stitches are left. Knit the 18 rounds to correspond with the beginning and cast off.

KNEE-CAP (LARGE).

Required (for one pair).—4 oz. four-ply fingering, best quality; 1 pair No. 10 needles.

Cast on 96 stitches. First row, slip 1, knit 1, purl 2, knit 2, purl 2, in ribbing to the end. Continue in ribbing until 34 rows are done. Then knit 1 row, purl 2 rows, knit 1 row. Next row proceed to shape knee-cap. Slip 1, knit 53, turn the

work, slip 1, knit 11; turn the work, slip 1, knit 14, continue knitting 3 more stitches each time of turning until you slip 1, knit 75; turn the work, slip 1, knit all the rest of the stitches to the end of the row. Work for the middle of the knee-cap 20 rows plain. The next row knit to within 10 stitches of the end (that is, slip 1, knit 85); turn the work, slip 1, knit 75; turn, slip 1, knit 72 and so on until you come to slip 1, knit 11, then turn and slip 1, knit to end of the row. Then knit 1 row, purl 2 rows, knit 1 row. Then knit 34 rows of ribbing, 2 plain and 2 purl for 34 rows, and cast off loosely and join.

If a pair is required knit second knee-cap in exactly the same manner.

LADY'S HOOD.

Material Required.— $4\frac{1}{2}$ oz. 5-ply white fingering, and two steel needles, 12 in., size 11.

To Knit.—Cast on 120 stitches, knit 1 row plain, next row purl, until 6 are knitted. Reverse the plain and purl rows until 8 patterns are made (this forms a border to roll back when worn). Knit 1 row, decreasing 4 stitches, 1 at each end, the other 2 at equal intervals along the row. Knit a rib of 1 plain and 1 purl for a depth of $1\frac{1}{2}$ in. Continue 1 plain and 1 purl stitch, but reverse the stitches each row that it forms a pattern and not a rib, and repeat until 5 in. of pattern is made. Knit a rib of 2 purl and 2 plain for a depth of $2\frac{1}{2}$ in., and cast off. Fold cap in half and with a darning needle and wool sew together the rib just from the fold to within 2 in. of the ends, and draw up as tightly as possible, and secure firmly; fold back the border just made, and press with an iron. Under the border on the right side, about 1 in. in from the edges, sew a small pearl button; knit a strip of $7\frac{1}{2}$ in. long and 1 in. wide in the same pattern as middle of hood, leaving an opening in centre of the inch, either end, by knitting half the stitches only for $\frac{3}{4}$ in. with a third needle, then the other half, and then the two together again, for $\frac{1}{2}$ in. at end, this to form buttonhole. Strap to pass under the chin of wearer. (Can be worn with or without the strap.)

DRESSMAKING.

A FEW HINTS ON CUTTING OUT.

With regard to Scissors.

Before starting to cut an actual garment the beginner should use odd pieces of material for practice in order to learn how to hold the scissors or shears correctly so as to prevent jagged edges, which not only make it uneven, but drag the material out of shape, especially if it is being cut on the bias or crossway. Do not hold them tightly, but allow free play of the wrist, which gives more control to guide them, much in the same way as one would swing clubs in gymnastics or guide a bicycle.

Position of Material.

Should the material be plain, that is, with no decided up or down, then always cut double when you require two pieces the same shape, putting the right sides of material together inside to prevent it getting marked or roughened. This will save time and trouble and is more economical, besides ensuring the pairing of both sides of a garment. It is usual to cut lengthways of the selvedge, except yoke, collar and cuffs, which are generally cut across or selvedge round.

The instances in which material needs to be cut singly are when a pattern runs one way, or a face cloth, &c., also when a single pocket or tab is needed. When cutting a face cloth the smooth way down from the neck is correct, then, having placed the lining or pattern on the right way, cut one piece of material first, then lay the cut piece face downwards on the remaining material, and cut the fellow piece, but be careful not to put the wrong side of one piece to the right side of the other, or you will get two pieces for one side.

To Cut Economically.

Never be in a hurry when learning, but first place your pattern or lining on the material before cutting any, so that you may fit it in to the best advantage, as if you cut each

piece just as you want it you will get an unnecessary number of useless pieces left over, besides using more material. For instance, if placed carefully $1\frac{1}{2}$ yd. of striped bodice lining or 2 yd. of sateen will be found sufficient for any bodice from 21 in. to 25 in. waist, but if not carefully placed, 2 to $2\frac{1}{2}$ yd. of the former, and $2\frac{1}{2}$ to 3 yd. of the latter will probably be used. The same applies to material such as a nurse's serge dress, which may easily be cut out of $5\frac{1}{2}$ yd. of 45 in. material. After cutting one or two garments the planning will become quite easy, and in the end it will be found really quicker and more economical (than if done carelessly), as you readily get to know just what part will fit into certain positions.

A LESSON ON TACKING.

Beginners often run away with the idea that tacking, especially in many places, is unnecessary, but in the end it will be found a great saving both of time and trouble. Particularly is this the case with large pieces of work, as the tacking can generally be done flat on a large table, which prevents dragging whilst sewing any part by hand or machine, the latter being rather inclined to draw the top layer tighter, especially if the material is thick. To illustrate this, take two pieces of material of exactly equal length, then seam them together by machine, without first tacking (or pinning if straight edges in calico or thin lining), and you will find that when stitched one will be longer than the other.

Always tack in as straight a line as possible (not only because it is better for the tacking, but it is practice for the eye). One long tack to two short ones will hold long seams together firmly, but for curves of any kind tack with a large running stitch, that is, about $\frac{1}{4}$ in. taken up on the needle, leaving the same amount between each. Never tack over and over, that is to say, do not place the needle to take up a stitch in the opposite direction to the line of tacking being made, except in the case of materials being stretched over several seams of a bodice lining, when it is necessary to hold it firmly over the bones until after the basque is made neat,

after which each tack is cut separately, as otherwise, especially if done in long seams, it is apt to get pulled and break the threads of the material, particularly silk, causing it to wear badly. Another essential is to place the knot of the tacking thread at the commencement, away from the stitching line, where they can easily be removed afterwards and will not be likely to break the machine needle, as a tight knot in the line of stitching sometimes will do; also, do not draw the thread in tacking too tightly (neither let it be loose), and also take care to fasten off firmly.

THE FORMATION AND APPLICATION OF DIFFERENT STITCHES.

Tacking.—See "A Lesson on Tacking," p. 60.

Stitching.—This includes machine-stitching and back-stitching by hand. When it is necessary to make any part particularly strong, when too thick to put through the machine, as in the case of the back part of a skirt-band with gathers or pleats, top gathers of sleeve in armhole, sewing in the pocket or putting on the collar, the method employed should be small stitches in a straight line, putting the needle back from where it comes through, to meet the previous stitch. Where very thick it will be found necessary to put the needle in and out from front to back of the garment to ensure taking in all the turnings.

Running.—This is a flat stitch similar to tacking, only very much smaller, and the piece taken up on the needle should be of the same length as the piece between the stitch. When used for gathering in cotton materials it should be drawn up tightly, the end of the cotton being twisted carefully over a pin (so that it can be drawn out to the required width afterwards), and the folds stroked down evenly with the head of a needle, so that the garment will set well, and also be easier to fix into the band, yoke, armhole, &c.

This stitch is also used without drawing up for the sewing on of wrap to placket, bonecasing, making seams in flannel previous to herringboning down, &c.

Hemming.—A hem is a double folding over, to make neat raw edges, the stitch being worked from left to right, taking a small piece of the under material and a small piece of the fold, slanting, the size of the stitches to be according to the garment. For example, they should be close and small for underclothing, slightly larger for sheets, coarse aprons, &c., and a little larger still for bottom of skirt, the latter being stitched only through the lining so as not to show on the right side, or if there is to be no lining to the skirt the hem is best stitched by machine. Machine-stitching for the hems of ordinary sheets, &c., is strong, and also saves time.

Blind Hemming is used when it is necessary to hem material or silk without showing the stitches on the right side. It is accomplished by taking a firm stitch on the turning and a thread only of the under material, being careful not to draw the thread tightly.

French Hemming is used for crossway folds, bottoms of aprons, cotton skirts, &c., being a sort of fancy hem. It is done in this way: Fold once up on the right side about one and a half times the width of hem required, then machine-stitch close to fold, turn over and hem to the stitching, without taking stitches through to the wrong side.

Slip Stitching is used when fixing in lining of jacket or cloak, or in joining two edges together when they cannot be stitched on the wrong side and turned over, and it is necessary both sides should look alike. This is done by putting the needle carefully through the one folded edge about $\frac{1}{4}$ in., then close into the other about the same distance, which means that you stitch the two turnings together without showing the stitches on either side.

Oversewing is a stitch used to make tidy the raw edges of seams and is chiefly necessary for dress materials. It is worked from left to right, the inside of seam being towards the worker. The stitch should vary in depth according to material, a serge needing a deeper stitch than cloth as it frays more easily. It is also necessary to draw the cotton through lightly, as if at all tight it will make a hard, untidy edge, which, in the case of most materials, will make a mark on the right side when pressed.

Buttonhole Stitch.—This is used for buttonholes, edges of

blankets, also raw edges of flannels. The depth of stitch varies according to material. For buttonholes in linen or calico put the needle in barely $\frac{1}{2}$ in., place the double cotton over the point of needle, towards worker, and draw out straight from edge of buttonhole.

THE MAKING AND FIXING OF POCKETS.

Side Pocket for Skirt.—This is for side of front panel or side of back panel, and it allows nothing to lie in the top part, and is therefore convenient and not bulky, and is cut as follows :—

Take a piece of paper $18\frac{1}{2}$ in. in length and about 6 in. wide, keep one side straight, and from one end (which we will consider the top) slope off $\frac{1}{4}$ in. to nothing along the narrowest way of paper, this is to fit slope of waist; then measure down straight side $11\frac{1}{2}$ in. and put a mark, this being the placket length. Measure from mark another 6 in., also across the width 5 in., cut the corners slightly round and slope the side opposite the straight one to within 2 in. of the top, not straight, but gradually curving outward. Now cut two pieces of lining to the paper pattern, marking the length of placket. Then put the wrong sides of linings to face each other and lay against right side of skirt, with straight edge to the placket, and put a pin on the inside of top piece of lining (this is necessary before facing the pocket with material, as the pocket may be required either on left side or right of skirt). Take a strip of material 2 in. longer than placket and 2 in. wide, place on the side of lining where pin is, allowing it to lay $\frac{1}{2}$ in. over the edge of lining, and herringbone round the side on the lining neatly, unless a very thin material, when it may be turned in and hemmed, cut off the $\frac{1}{2}$ in. of material where it comes below the placket length, the other piece of lining to be faced in the same way, but not to lay over the edge of lining. Now lay the straight edges of pocket together, the facings of material laying outside, pin or tack to hold in position, and stitch round (taking a very small turning) from where the material comes over the edge round the bottom and up to end of curved side, turn

inside out and stitch round the same part again making a double seam.

To fix in skirt, place the side of pocket with which the facing is even to wrap side of skirt, stitch to material only, notching the corners, so that they can be turned under and the lining hemmed over on the wrong side, turn back the other side of pocket level to seam of the side stitched in and herring-bone down the material on to the pocket lining only. The top of pocket will now fix into piece of band left from wrap, and when sewing on the skirt fasteners sew one 2 in. down from band right through the pocket, also one 2 in. from bottom of opening right through, the others between to the top part of pocket only, this will allow sufficient opening for the pocket when the skirt is properly fastened.

Flat Pocket.—This is for centre back or side seam of underskirt when necessary, being useful when travelling, &c. Take the side pocket pattern, lay the straight side to a fold of paper and cut 1 in. less in the width; open out the double piece of paper and lay on to pieces of lining, placing the centre on the straight, cut out, then face the centre of each piece with material about 4 in. wide at lower edge, sloping off each side to 2 in., the other end length to be about 9 in., placing the narrow end 1 in. below top of pocket; herring-bone all round to make neat on lining; cut a slit in centre of one piece of pocket only, starting 3 in. from top, and making an opening of 6 in., place the two pieces of lining side together, stitch round the outer edges, taking a very small turning, turn inside out through the cut slit and stitch round again. If to place in centre seam of back, which has inverted pleat, stitch one side of the opening to skirt, the other side to wrap, letting the top part of pocket reach the waistband, against which it should be firmly stitched. This shape allows half the pocket to lie under each pleat of skirt, and so does not draw them out of shape. If to be placed in seam of underskirt it should be placed lower down the skirt to be more convenient for use, also not to be in the same place as dress pocket and can be at side seam. If pocket to be worn occasionally, the edges of the centre slit should be made neat by turning the edges of facing and lining in against each other and stitching round. Then put top into band or tape. If preferred, a piece of lining hemmed at top and about 6 in.

wide and the same length can be stitched flat on to underskirt to serve as a pocket, but will not be found so safe.

Coat Pocket with Flap.—This kind of pocket, if for long coat, would be placed a little to the front when the arm is down straight. Having found the position put a tack for the width of pocket, about 6 in., or 7 in. if a heavy long coat, to admit of using comfortably with gloves on. If for short coat the position would be rather higher; the opening narrower, and the pocket itself smaller. Fold the fronts of coat exactly together and put pins through to tack position of fellow pocket. Make flaps of double material if thin, but if thick face in with lining. They should be exact length of pocket opening (do not cut the opening until flaps are made, and then only one at a time, otherwise they may get stitched out of place) and 3 in. to 5 in. deep when made. The one side, of course, will be left with the raw edge, the other the corners may be left square or rounded. Stitch round with silk once or twice as preferred and then press well. Then cut two pieces of lining $1\frac{1}{2}$ in. longer than depth of pocket required, and the same amount wider; place one piece of lining on the right side of coat to the lower edge of opening, the edge of the lining to come slightly above, and the extra width over, left equal at each end. From the wrong side of coat stitch carefully (by hand) taking the very barest turning possible in the coat, and being careful not to stretch it out. Turn lining inside and stitch along again, this time with machine, not going beyond the corner of opening, pull cotton threads through on the wrong side and fasten off neatly. The top side is done in the same way, except that it is thicker, the flap being laid between the coat and the lining. Lay flap down and tack firmly to coat to keep opening closed whilst making the pocket, which is done on the wrong side. First stitch the two pieces of lining together, about 1 in. in from the edges, keeping as close to the corners of opening as possible, the first inch or two from the same being done by hand, as it would be impossible to get the machine right to the corners neatly (the lower corners of pocket may be square, but are better slightly rounded). Stitch round again to make strong, leaving the edges raw if the coat is to be lined, otherwise turn the edges of the pocket in against each other neatly.

MAKING THE SKIRT PATTERN.

Measurements :—

Length, 40 in. all round.

Waist, 22 in. to 25 in. (allowing for inverted pleat or gathers at back).

Width of skirt at base, $2\frac{1}{2}$ yd.

The diagram is for use as a general pattern, being half the skirt without turnings.

It is easily adapted to fashion, being the foundation for a draped skirt, or, as it is for a plain walking skirt, with inverted pleat at the back, a cotton skirt by gathering at the back, or if gathered from the front panel, in the case of a very thin summer material on a slight figure, for children, or a gymnastic skirt, the side gore should be cut 3 in. or 4 in. wider down the bias side.

To adapt for panel back and front, use front for both panels; fold sufficient on bias side of side gore at waist and base to make the required size of waist, using the gore twice, making a six-piece skirt, or the side gore may be made wider and used once, making a four-piece skirt, in which case it will be necessary to make the waist 2 in. larger to allow of dart being taken in side gore, or two darts if a large waist, the back piece of five-gore pattern not being used in this case. In this way, with a little forethought and calculation, any skirt may be shaped from this general pattern, including any number of gores, pleats let in, &c. It can easily be cut by following the directions, being altered by adding to or taking from the bias sides, for size of waist or width at bottom. If required to fit round waist without inverted pleat or gather, slope off $1\frac{1}{2}$ in. at waist to nothing, 7 in. down on the straight side of gore, instead of the $\frac{1}{2}$ in. down to 4 in. from waist as in the diagram, also slope $\frac{1}{2}$ in. off the bias side to nothing 4 in. down, then take the remainder off centre back, to leave size required for waist.

To get a good curve at bottom of skirt, measure down from the waist at both sides of each piece and put a mark, also the centre and quarters, and curve through marks. Be sure the measure is laid exactly half or a quarter way between the sides of each piece at top and bottom, as, for instance, if the tape measure is laid halfway between the sides at the

top, and a quarter or third at the bottom, in measuring the length it would make a bad shape.

If required longer at the back than the front, start gradually from centre of side gore to length required. Some need the skirt a little longer on the hips only, but that is best left for the fitting. If the pattern is decided on and worked out first it requires little fitting, and also can be measured up for any width material by laying it on paper measured out to width of material, and the necessary number of yards decided on, which is a great advantage, especially if an expensive material, or one that needs cutting all one way, as in the case of face cloth, velvet, a pattern, &c. These latter will naturally take more than a plain material.

THE CUTTING OF PLAIN WALKING SKIRT.

Having decided on and cut out paper pattern, we now proceed to cut out the material, or, if a lined skirt, the lining first, as that being cotton (or even if silk) can be marked round the pattern with tracing wheel and afterwards tacked through the material, if made up together, in the seams. The lining and material can have the seams stitched up separately and faced, but this latter is not advisable in every material, particularly in a loose woven one, which will stretch and drop. Without a lining it is best to put a tacking thread or chalk line all round the pattern on the wrong side of each piece to put the skirt together by, a tacking thread being preferable, as it shows the correct line for the waistband edge, also for turning up of skirt at bottom.

The pattern being half the skirt the material must be cut double. If serge, tweed, or any plain material, the pattern may be laid up or down, but if a face material, that is to say, smooth one way along selvedge and rough the other, when brushed by the hand the bottom of all the pieces must lay the same end, which should be smooth when stroked down from the waist, or, in the case of velvet and velveteen, to look darkest down from the waist (these latter shading dark one way and light the other). The pattern should never be laid across the material, unless in exceptional cases, where

the pattern on a material is required to run the opposite way to suit a particular fashion, &c.

To Cut.—If double width material, and wide enough, lay



SERGE SKIRT AND BLOUSE (B.R.C.S.).

the straight edge of front pattern to fold (no turnings being required where there is no seam) and the straight side of gores to selvedge, leaving sufficient turning to take selvedge well in.

The turnings on raw edge side and at waist to be from

$\frac{1}{2}$ in. to 1 in., according to material and manner of stitching. For instance, if a fine close-woven material to be stitched as a plain seam and pressed flat, $\frac{1}{2}$ in. turning will be sufficient, but if it is to be a folded seam tailor-stitched on the outside, or a loose material that frays easily, 1 in. turning is better. The turning at bottom of skirt should be from 3 in. to 5 in. according to hem required, or 1 in. if to be faced up with a separate piece of lining or material, a certain amount left for hem being wiser for beginners in case there has been any mistake in measuring the length.

THE MAKING OF COSTUME SKIRT.

First put a tacking thread round shape of pattern on each piece, or if a lined skirt through the tracing lines, having first pinned the material carefully on the lining. Then pin seams together closely, the straightest side of gores towards front, putting a few first at the waist, and secondly at the bottom tracing line, shake out straight and pin the seam between, as this ensures the bias not being stretched. Pin waist to a tape measure, or a band the size of waist, holding the skirt the easier of the two, and take in or let out seams if necessary. As many people are larger on one hip than the other, when fitting a plain skirt, that is to say, with no gathers or inverted pleats at back, it is wiser to pin the centre front and centre back to waist of wearer before making the hips right. Next decide whether placket is to be at side of front or at the back. If five-gore skirt to be fastened at centre back the facings of opening can be arranged after the skirt is stitched, but if a panel skirt, whether placket is to be at side of front or back panel, the placket should be arranged and stitched before the remainder of the seam so that the facings may extend $1\frac{1}{2}$ in. beyond the necessary opening of the seam from the waist, which cannot be done to join the stitching properly, if the lower part of skirt seam is stitched up first, also if the facings only reach the end of the opening, it will be clumsy and wear badly. Tack down the turning on the panel side $12\frac{1}{2}$ in. from the waist and "face in" with a piece of material or lining $1\frac{1}{2}$ in. wide, or, if a thick

material, Prussian binding would be best. Stitch down on the right side with silk, from $\frac{1}{8}$ in. to $\frac{1}{4}$ in. in from the folded edge, as may be desired. Take another piece of material the same length, 3 in. wide, to make a double wrap if thin material, but if thick $1\frac{1}{2}$ in. wide, with selvedge one edge to be a single wrap. Stitch on to the other side of placket, taking as little turning as possible, so that stitching on of false piece shall not take the whole of turning allowed (because it looks better and is less clumsy). Press the turning open and fold over the other edge of wrap, to lay over the turning about $\frac{1}{4}$ in. on the wrong side, and tack it to be firm for sewing the fastenings on the right side. If a single wrap put a piece of binding over the turning. Placket opening to be $11\frac{1}{2}$ in. finally.

If the skirt is to have a pocket no wrap will be necessary, the pocket answering the purpose and being fixed in after the skirt is stitched. The panels may be tacked on to the gores and stitched on the outside only, or the seams stitched first on the wrong side, the turnings laid over double and then stitched on the right side, care being taken not to overlap beyond the fitting lines; also, it is best to leave one seam open until the rest are stitched, as it is easier to put through the machine.

Press the seams well, tack up the bottom of skirt, keeping tracing lines at edge of fold. The band should be pinned on with the skirt held towards the worker and placed slightly easy (never tight) on band. To fix, pin a portion of band on to wrap end first, then measure band for size of waist from the wrap and leave a turning the other end, marking the exact waist with pins. If the opening is in centre back, find centre of measured part of band and place to centre front, but if the opening is on side of panel pin the hook end of band from end to centre of panel (the wrap end being previously pinned on). Pin together from where it should fasten, fold from centre of panel and the half will be for the centre of the other panel.

The skirt should now be tried on to see that it fits correctly, also that the length is right. If a pocket is required it should be placed in before band is stitched on (see note on "Pocket"). First run the band on, holding skirt over the

fingers, with band underneath, so that the slight easiness of skirt will work in without being full, then tack down the top part if a double band, or if single tack on over turnings a piece of binding and stitch through with machine. If a very thick material it will be best to back-stitch the band on and hem down the turning or Prussian binding. If a narrow double band turn in the ends of it before sewing down the second time, but if a wide band, only half of which is double, turn down after band is sewn, on the wrong side, and herring-bone neatly. Do not turn in twice for hem as it makes it thick and clumsy. Sew on one hook and eye, if narrow band (and two if wide), to fasten neatly to size of waist, and another on end of wrap (not too near the end of wrap), as if one is wearing a thin blouse this hook when fastened will catch in and tear it.

The bottom of skirt should be tacked up about $\frac{1}{2}$ in. from the fold to keep it a good shape round the bottom. If a hem of its own the raw edge will be found to be slightly full. Turn in $\frac{1}{2}$ in. and put pins at intervals of 3 in. or 4 in., letting the fullness lay where it will between, and ease it in gradually as it is hemmed along (if a lined skirt to lining only), or tack closely at edge if to be machine-stitched, being careful to fold the hem an even depth all round, the tacking to show clearly on the other side to guide the machine-stitching, which should be done on the right side. If a thick material tack Prussian binding over the raw edge and stitch either side, being careful not to put it on tightly.

If short of material for a hem the bottom of skirt may be faced in with a piece of lining cut on the cross, the lower edge being slightly pulled and the other slightly eased. This will allow it to fit nicely round the skirt, but it must be exactly on the cross to do this, the lower edge being neatly hemmed and the top stitched through (or hemmed if lined).

As it takes a large piece of lining to cut on the cross and there would be odd-sized pieces left in cutting out, if the skirt is lined these pieces may be utilized for the facing to save waste, but must be carefully placed on and joined where necessary by overlapping, and hemming down flat, any shaped seam, as long as it is neatly done. In putting the press fasteners on the placket it is best to put the smallest

part on the hook side, about $\frac{1}{4}$ in. in from the edge and 2 in. apart, as the back of it being quite flat it will not rub and show the impression of it on the outside of skirt, which would be the case if the larger part were placed on that side, especially in thin materials. With double strong cotton sew on two or three times in each hole, making sure that those on the wrap side are placed so that the fitting lines of skirt meet correctly when fastened. If a long skirt, brush braid is best to keep the edge from wearing and should be run on closely at both edges of the braid part, holding the skirt over the fingers to prevent putting it on too tightly. Take two pieces of Prussian binding, about 5 in. long, turn in the ends and sew them strongly, putting one on each half of the band on the inside to hang the skirt up by, or if loops preferred to hang down inside skirt cut binding longer and sew ends double to edge of skirt band. Two loops are better than one to keep the shape of skirt when hanging.

Press skirt well—a skirt-board is best where possible.

To fold for packing, hold skirt at bottom from centre front to centre back, then fold backwards and forwards, shake well and lay waist part over to bottom.

THE BODICE PATTERN AND FITTING.

Patterns of various sizes can, of course, be bought and adapted to the figure, but to keep by one a correctly fitted pattern of one's figure in canvas or linen will be found much more satisfactory, as, for instance, if a yoke is required it can be marked the depth and shape according to size of figure, also when tucks are required they can be made first, before cutting material, or if gathers, more or less extra width allowed, according to thickness of material, slowness or stoutness of figure (a bought pattern only allowing the same amount for any kind of material unless, of course, the exact material is used as in the description of style the pattern is cut for); also in choosing a style to suit material and wearer it might be advisable to choose the bodice of one design, sleeves of another, collar or revers of a third, or

one's own ideas can be arranged and worked out on one's own model pattern.

This canvas pattern should consist of fronts with darts, backs, long or curved side pieces, under-arm pieces, top and under sleeve and collar, and should be fitted quite 4 in. below the waist, as the correct size of basque comes in useful not only for the bodice but as size for skirt round hips, also for cutting a deep-shaped petticoat band by or basque to camisole.

As there are no two figures alike it is advisable for everyone to have a tight-fitting canvas to work by. There are various systems by which a pattern can be worked out in pencil, according to the measurements of the figure, but as the measurements of two or three people may be the same as regards the number of inches, yet in the fitting the curves of the neck and armholes, also slope of shoulders and hips, will be found to be quite different in each one, the simple Diagram IX for a medium figure will be found as easy as any as a guide for fitting by and can be used for most adult figures.

To be used as it is for a figure about that size, just outside the lines for a larger figure, inside the lines for a smaller figure, or an extra under-arm side piece for a very large figure. A firm dowlas or apron linen is best to use for pattern as it makes a more exact model of the figure than a thin lining. Trace through the paper on to a material in the lines to be sewn together, allowing about $\frac{3}{4}$ in. turnings beyond the lines everywhere, with the exception of under-arm seams and front, where $1\frac{1}{4}$ in. should be allowed, also do not cut the front darts, as in the fitting they may need a little moving forward or back, besides it is easier for using the pattern in working out various designs if they are only marked, not cut. Having traced and cut the rough pattern, pin the seams together, being careful to make the waist-lines meet. Do not ease one part against another, but if any unevenness occurs resulting from incorrect marking out, &c., let it come at the armhole, where it can be rectified in the fitting. Then tack the seams (with the exception of under-arm and shoulder, which are left pinned) very closely, that is, stitches not to be more than $\frac{1}{4}$ in. in length with a back stitch here and there, as if tacked

loosely the seams would pull apart in the fitting and not make a true pattern. Leave the fronts open for fitting.

To Fit the Pattern.—First see that it is on straight and pull it well down at the back, then pin the fronts together evenly, note if the under-arm seam comes straight down under the arms. If too far back, take a little off the front and let out a little on the side piece; if too near the front, and the back is rather loose, take in on the double the seam that joins the two side pieces together, so that one side piece will not be left too small in proportion to the other.

The shoulder seam, as a general rule to fit all figures, should be about $\frac{1}{2}$ in. to the back of the exact top of shoulder. This seam is sometimes placed more to the back at the armhole end, but will not set so well on every figure as the former. The length of the shoulder seam is determined by the prevailing fashion of sleeve, a tight-fitting sleeve needing as long a shoulder seam as possible, to make the armhole as small as is compatible with comfort, and a full sleeve a shorter seam, to make room in the armhole for the gathers of same, also to prevent the fullness dropping down.

The turning at bottom of collar pattern should be tacked up and pinned on to neck curve, then top turned down and the ends turned in to depth and size required.

The front seam of the sleeve (only one is required for pattern) should be pinned to armhole, about $2\frac{1}{2}$ in. to 3 in. from under-arm seam towards the front, the back seam coming about centre of long side piece. When pinned move the arm up to make sure it is quite comfortable.

The curved part of the long side piece sometimes needs taking in at the armhole, and care should be taken to narrow it off very gradually, to well below the shoulder-blades, to avoid as far as possible any appearance of a round back. If there is a crease across the centre of back, then the back shoulder will need lifting up and the neck curve lowering. When necessary to lower the neck curve notch first in several places the turning first allowed, as otherwise it will be difficult to make it set, as also the armhole, but avoid cutting too far. Should the pattern need much taking in or letting out (although the right side is the only side necessary to use for working from), pin in or let out the left side to avoid making the pattern too large or too small.

A good plan is to pin the centre of back waist to corset before commencing to fit and then the front when pinned together. After fitting take off carefully by unpinning the left shoulder and under-arm, so that any alteration there may be in centre front will not be disturbed. Mark in the correct lines with pencil, having first put dots between the pins and especially at the corners, at both sides of seams, before removing pins. It not being always easy to put in pins quite straight when on the figure, the dots make a guide to draw the lines and curves straight when unpinned and laid flat on the table.

Fitting is a gift, as is also a taste for colour and style suitable to various figures, but both can be cultivated with care and patience.

TIGHT-FITTING BONED LINING FOR BODICE.

Take the canvas pattern and pin each piece flatly and smoothly on to double lining the same way of the grain as the pattern lengthwise with selvedge, never across, and with a tracing wheel mark all the fitted lines. Pin, tack and stitch the seams carefully, with the exception of under-arm and shoulder seams, which are left until the material (which will be cut according to fashion) is fixed on. Mark all lines not stitched with a tacking thread or pencil, as otherwise by the time the lining seams have been stitched and pressed, and the material pinned on, they will probably have disappeared. If to fasten in front the hooks and eyes may be sewn on in lining only (the outside material probably having fullness, a box-pleat, or reaching over to one side), making sure the fitting lines exactly meet when fastened. Also those seams in the lining only should be cased and boned before material is put on. The seams should be notched at the waist-line and once above and once below about $1\frac{1}{2}$ in. apart, except the breast-pleats, which should be at the waist-line and twice above (the notches being required to make the seams set in the hollow parts when pressed), the front seam of sleeve should be notched every 2 in., the back seam of same not requiring it. The seam turnings may be cut narrow, pressed open and face the material, putting the bone casing on the tidy side, but if a

thin material that would show through, the seams must be oversewn neatly and the material put on the other side. Start the bone casing (with Prussian binding) about 6 in. or 7 in. above the waist-line, leaving a loop at the top about 1 in. in length, and start sewing with two or three back stitches at the bottom of the loop, and run it on slightly easy, especially at the notches of the seams having the material in where both cotton and binding should be left a little loose, so the bones may be pushed in tightly at the waist to prevent wrinkling. Be sure and have the seams well open and keep the casing in the centre (a good plan being to fold binding in half and putting the crease to stitching of seam), turning it in across the end at about 3 in. below the waist if the basque part is to be worn inside the skirt; but if outside, as in the case of a matron's bodice, or a tailor-made when fashionable to wear outside, then leave the binding raw edge at the bottom to be made tidy with the basque. The bones are put in from the top of the casing to within $\frac{1}{4}$ in. of the bottom, stitch firmly through bone, then cut the bone $\frac{3}{4}$ in. longer at the top, push well in, bending the bone slightly at the waist, until $\frac{1}{4}$ in. of the top of casing comes beyond the bone, put a pin to hold it there, and stitch firmly through the bone $1\frac{1}{2}$ in. above the waist-line, then remove pin; the bone will then lie flat in casing above the waist, where it is needed tightest to prevent wrinkling. If not real whalebone, the composition bone cannot be put in so tightly or sewn else it will break. Real whalebone, although dearer in price, will not crack or break, and can always be taken from an old bodice, ironed flat, and used to rebone another.

BLOUSE MAKING.

Yoke Shirt Blouse.—First decide the shape for the yoke, then trace and cut same in paper. To do this, take the half back of fitted canvas pattern and lay the centre seam fitting line to a straight edge of paper and pin firmly, place the shoulder line of the front to shoulder line of back flat. If yoke to be straight across back and finish at shoulder seam, trace across back to point of long side piece (shorter if preferred, but it does not look well any deeper), also trace the

portion of armhole, shoulder seam and neck. If to be an American yoke, trace as before for back, but instead of tracing through the shoulder seam, trace across 2 in. or 3 in. down from shoulder seam on the front, also the portion of front neck and armhole so far. For a pointed yoke start the tracing line about 2 in. lower at the centre back seam, across to within 2 in. of the shoulder seam, either straight or slightly curved, and for the front trace from armhole 2 in. down from the shoulder seam to about 5 in. down the front from centre of shoulder seam, also from the neck side 2 in. from shoulder seam to the same point in centre. Take the canvas pattern away after tracing the paper, cut through the lines on the paper, and you will have the shape without turnings. Mark with a tack or pencil line the position of edge of yoke on the bodice pattern, so as to know exactly where to cut the lower part of blouse, also write on the straight edge of paper, centre back to be placed to a fold. Having arranged the tight-fitting canvas bodice pattern flat on the paper, it will be seen that any shaped yoke may be made providing the centre back, neck, armhole, and shoulder fitting lines are rigidly adhered to. Also the pattern laid on the paper the same way for cutting a flat turn-down collar, with the exception of shoulder lines, which instead of being laid exactly together are placed together at the neck and $\frac{1}{2}$ in. apart at the armhole end; this is to allow the right amount of spring necessary to set well, whatever the depth of collar required, from a narrow to a very wide round or sailor collar. It is advisable also to cut the shirt sleeve in paper first. Take the tight-fitting sleeve (tacked up), fold a piece of paper (a half sheet of newspaper will do) and place the back of sleeve (not the seam, but the fold as it lays flat away from the curved seam) from shoulder to elbow, 1 in. in from fold of paper for a small shirt sleeve, or further if fuller sleeve required; pin firmly, then draw the lower part of sleeve towards the double edge of paper and the same distance from it as the top part, this will make the elbow of tacked-up canvas sleeve fold about 2 in. across from curved seam; now trace top of sleeve $2\frac{1}{2}$ in. higher than the fitting line at the folded edge straight, the first 2 in. of small shirt sleeve, more if fuller sleeve, and slope round gradually to within $\frac{1}{4}$ in. at front, also slope

down with another tracing line for the under part of sleeve, and through the fitting line of curved front seam (avoiding a point where sleeve begins to fold across to elbow) and $1\frac{1}{2}$ in. shorter than wrist-line if for 3 in. cuff, this kind of sleeve needing to be longer when finished than the fitted canvas sleeve. Open the paper after tracing and cut through the tracing lines, missing the top tracing line on one half and cutting through the under line instead. The object of cutting the paper double being to ensure the centre being quite straight, the fold of paper should be marked, ready for laying quite straight on the grain of material, as if at all slanted the sleeve seam will twist and be uncomfortable. Having cut the paper pattern (which is the exact size without turnings), fold the material if single width end to end, having two selvages each side, and place the sleeve pattern on lengthwise with the selvedge, the straight line being at the same distance from the selvedge at the top as at the wrist of sleeve, the yoke and straight cuffs along the selvedge; these will just fit in without any waste. For the fronts first make a box-pleat on one selvedge and a hem on the other for the fastenings, the length required; pin together for the centre, and place the canvas pattern on it, with front fitting line to the centre of box-pleat at the neck (leaving sufficient material above to reach to shoulder or edge of yoke) and 4 in. down the fitting line from the neck; place this line $\frac{1}{2}$ in. back from the centre of box-pleat (so that it will not work tight across the chest) letting the rest of the pattern lay flat, the breast-pleats not being tacked up. If to be plain into the yoke, trace round neck, armhole, under-arm seam and shoulder, or from where the yoke reaches; if to have a little fullness (before tracing) fold the amount required in a straight fold under the pattern about centre of shoulder, after having pinned the centre front line in position, and then trace for curve of armhole and under-arm seam, cut $\frac{1}{2}$ in. turnings from same, then open out the fold and cut straight across, allowing $\frac{1}{2}$ in. turning. (If pointed yoke cut material as for straight, the points coming lower, the surplus material can be cut away after yoke fixed in position, so that it may be tried on to make sure it does not drag.) For the back, take single width of material and fold over selvedge

to selvedge, placing the centre of back pattern to fold at bottom of yoke (or neck if no yoke), letting it lie 2 in. back from the fold at the waist-line, this making a slight fullness at the waist, which is usually gathered and fixed with a tape; should a little fullness be required at yoke, as well as waist, place the centre back seam of pattern further back from fold, according to the amount required, then trace across to where yoke comes, also armhole and under-arm seam, and cut $\frac{1}{2}$ in. turning beyond. In the case of woollen materials that cannot be traced with a tracing wheel, it is advisable to pin carefully in the fitting lines and then cut $\frac{1}{2}$ in. turnings, always making sure of the corners, as, for instance, if one side of the bodice the fitted lines met on the shoulder and were only $\frac{1}{2}$ in. out on the other side it would spoil the set of the blouse.

For a Tucked Blouse.—The tucks are made first in the straight material, measuring to see there are only sufficient to come to armhole. The pattern is then laid on as already explained, tracing to neck and shoulder lines instead of yoke.

To Cut Magyar Blouse.—Keep the piece of the half back of tight-fitting bodice pattern tacked up and the darts in the front pattern not tacked up. Pin the shoulder lines of pattern together at the neck leaving them 1 in. apart at the armhole end. Take a large sheet of paper and put the front fitting line to straight edge at the neck, the same line lying $\frac{1}{2}$ in. back from the edge 4 in. down from neck, the rest of pattern with back attached at shoulder to lie as it comes, flat; the straight edge will be the centre front of blouse without turning (no turnings allowed on paper patterns). Trace a line round the neck, down the centre back, starting in the line at neck and straight down 3 in. away from the line at waist, and from the waist-line back and front up the under-arm seam to within 1 in. of the armhole and $\frac{1}{2}$ in. out from the fitting line, starting in the fitting line at waist, or below if basque is needed. Draw a line straight out from shoulder centre about 20 in. from neck, and at end of the 20 in. measure about 6 in. either side of the straight line, put a mark, and then trace to it from the under-arm point. This gives a square corner and can either be rounded below the corner or have $1\frac{1}{2}$ in. square gusset inserted. Then cut paper through traced lines only (not to cut the line drawn through shoulder to get

the sleeve part by—the tight-fitting sleeve pattern not being used for this blouse), unless a seam is liked or insertion to be let in sleeve part, in which case when cutting the material the back may be placed straight if a plain material, but if no seam down sleeve it comes partly on the cross.

Making and Fixing the Sleeves.—The sleeve should always have a tight-fitting lining, unless it is a loose bishop or shirt sleeve for washing blouses. If a small or coat sleeve, material is cut the same as lining; if tucked, the tucks are made first; if gauged, so much is allowed for fullness according to material and wearer; and if a leg-of-mutton sleeve, the outside or elbow seam should be stitched up in the lining only, then the material is cut larger from elbow up, according to size of sleeve, kind of material, and style in vogue. If it is to be a puff or frill sleeve with tight cuff to wrist, the material is cut the same size as the lining as far up as is required according to depth of cuff and the sleeve stitched up. Then the puff or frills are cut and put on, after the seams of tight-fitting part have been stitched, oversewn and pressed open, not forgetting to notch the front seam every 2 in. on account of the curve. The bottom of sleeve should be turned up straight and faced in, the cuff or frill, if it is to have one, being put on first, except when a gauntlet, which, being made larger at the top than the wrist, is best made first and slip-stitched to edge of sleeve. To find the place to set sleeve in bodice put the front seam of sleeve between 2 in. and 3 in. beyond under-arm seam in armhole towards the front. This is a general rule for normal figures, but should be tried on when tacked, before being machine-stitched, as it may require moving a little either forward or back. The fullness round the top should be spread about $2\frac{1}{2}$ in. either side of shoulder seam, or further when full sleeve in vogue.

CUTTING MATERIAL ON THE CROSS.

To cut on the cross, take the selvedge and lay it straight across the width way of material, where the fold is will then be on the cross, but before cutting it make sure it is the right cross. It depends on the grain of material; if it is a

straight grain both ways it does not matter which side of the selvedge you lay across, but if it is a twill or slanting grain you will find that if you fold one selvedge across the grain will run straight in line with fold, but if you fold the other side of selvedge the grain will run across the fold. This latter is the right way. Always be careful when cutting not to drag it as it is easily pulled out of shape. Crossway material is used in flat bands as a trimming, sometimes for the back collar of coats, and for facing in neck and armholes of under bodice without sleeves, round yokes, &c. If not cut properly on the cross it is of no more use for curves than a straight piece would be, but if cut correctly it can be slightly eased at inner edge of curve and slightly stretched at outer edge, so that when stitched and pressed it will lie quite flat.

FASTENINGS.

Fastenings for dresses may be divided into three classes, viz., ordinary fastenings, blind fastenings, and ornamental fastenings. Ordinary fastenings are buttons and buttonholes (see note on "Buttons and Buttonholes"), hooks and eyes edge to edge, hooks and eyelet holes. For the eyelet holes pierce with a stiletto in fitting line and sew or buttonhole-stitch closely round with twist, drawing it rather tightly to keep the hole open; hooks should be sewn on, a little in from the edge, and the stitches worked with double cotton in the two holes of hook, just above them, and again at the end so that they will not pull out. Blind fastenings, which are chiefly used for washing blouses, are hooks and eyelet holes, or buttonholes and flat buttons in the lining only, also false wrap buttonholes for the backs of blouses or fronts of coats, none showing on the outside. Ornamental fastenings are buttons and cord loops for wrists of sleeves, lappels, &c., military braid and barrel buttons for coats or tailor-made bodices, silk cord laced over buttons or through eyelet holes (these eyelet holes being over-sewn first with cotton and then worked with buttonhole-stitch in twist, drawing the purl edge away from the hole, so as not

to fill it up, this is to make them more ornamental than those for hooks); these are chiefly used for evening bodices and fancy belts.

BUTTONS AND BUTTONHOLES.

Turn down the front $\frac{1}{2}$ in. beyond the fitting thread, then lift up the turning of material and cut away the turning of lining, as you do not require too much thickness to work the buttonhole in, unless, of course, it is a thin material, when you might put a piece of muslin in. This applies only to almost straight fronts having selvedge at edge of material so it is tidy. But if shaped much in front the material as well as lining should be cut away, after the first tacking down, and a false piece put on to shape of front and fully wide enough to work the buttonholes in according to size of buttons. Then put another tack on the right side $\frac{1}{2}$ in. from the edge. Mark the distances for the buttonholes (the ordinary small dress buttons) about 1 in. apart with a tack as being less in the way than pins, which latter are also liable to prick one's fingers while working, and remember the first buttonhole should be at least $\frac{1}{2}$ in. from the neck-line, and arrange for one to come in the waist. Cut the buttonholes straight across from tack to tack, putting the scissors in at the front edge; cut a tiny piece slanting each side the end nearest the front and then straight across to make a square corner to set the button in so that the buttonhole will not gape. Commence working from the straight end, putting a bar of twist round first. The button side should have a piece of Prussian binding at the back and the buttons sewn on the fitting line, if they have no shank sew them on loosely and twist the thread round to make one, so they will set comfortably when buttoned. For coats, the first buttonhole should be close to where collar rolls over and at least $\frac{3}{4}$ in. in from edge. The fronts will already have been prepared with interlining and facing in the making of coat. Distance between buttonholes varies according to style in vogue.

MATERIALS.

The following are a few of the ordinary materials, the names of new ones varying according to season, manufacturers, and mixtures :—

Woollens.

Cashmere, a fine light worsted with twilled face and plain back.

Merino, a soft worsted, slightly thicker than cashmere and having a twill both sides. Seldom seen now.

Cloth is a woollen fabric which has been rendered closer and more compact by heavy pressure. In the best qualities it is very fine, firm, smooth and close, being milled two or three times to give it extra compactness and durability. This is a material most easily copied in inferior fabrics.

Crepon is crimped in the weaving to look puckered between thin stripes or squares of plain weave.

Delaine, a thin woollen with printed design, wears well and does not soil or crush easily.

Hopsack, like canvas coarsely woven in wool.

Satin Cloth, a woollen material with satin face.

Serge.—This is a material always in demand. The ordinary serge is twilled both sides, which are almost alike, and is rather harsh and springy; it also varies considerably in weight and quality.

Diagonal Serge is loosely woven and is made from Cheviot wool.

Nun's-veiling, a fine soft woollen with rather an open texture and a pearly appearance.

Tweed and Homespun.—These are generally the production of certain places, the inhabitants of whom have in bygone years been in the habit of weaving the produce of the year's shearing for their own use, and later set up factories for their particular kind. Homespun is the name given to the rough irregular fabric of various mixed shades woven from yarn spun at home. Tweed is similar to homespun, but has generally brighter coloured threads woven in it, is more compact, less rough, and better finished.

Silk.

Surah Silk is a soft twilled silk, varying in thickness according to quality, and almost alike on both sides; it is a very good wearing silk.

Satin Merveilleux.—This is also a soft twilled silk, rather like Surah, but more of a satin face on the right side.

Glaze Silk is a thin crackling kind of silk, which makes pretty blouses, especially for slight figures, as the fullness does not fall so closely to the figure as a softer silk; but it is not good wearing silk for those figures inclined to stoutness, or who need to make a blouse last, as it cracks and splits in the wearing.

Gros Grain is a dull corded silk, rather stiff, generally used for foundations and underskirts.

Corded Silk is somewhat like gros grain, but varies from fine to thick cord, and is a richer silk suitable for dresses.

Sarcenet, a thin shiny silk, used only for facings, &c.

Brocaded Silk is rather like damask and shows a large pattern on satin ground.

Broche is like brocade on the right side only, but being embossed on the surface is not carried through and is generally a smaller pattern.

Foulard, a soft twill with coloured designs.

Japanese, a thin soft washing silk.

Tussore, a firm, rather rough, washing silk, kind of biscuit or pale fawn in colour.

Pongee, a soft silk with rather a streaky appearance.

Crepe de Chine, a soft thin silk crape.

Velvet, Etc.

Plush, a silk fabric with full pile and plain back.

Silk Velvet, somewhat like plush, but shorter and closer pile; there is also cotton-back velvet, of which the pile only is silk; also velveteen, which is all cotton, but stronger for hard wear.

Corduroy Velvet is alternate stripes of pile and plain.

Poplin is a mixture of silk and wool showing a cord running from selvedge to selvedge.

Cottons.

Drill, a thick cotton with twilled surface, used for summer dresses and small boys' suits, can be had in dark and light colours.

Gingham, a firm cotton, both sides alike, close and smooth, sometimes woven in checks and plaids, sometimes twilled and plain. Very strong for washing dresses, and not so heavy as drill.

Zephyr, a lighter make of gingham, but having a finer thread one way than the other, therefore not so strong.

Muslin is of various kinds, Indian muslin being soft, fine and silky; Mull, a dull imitation of Indian. Swiss muslin is stiffer and clearer; it often has a spot or sprig pattern on it, and makes very pretty summer dresses. Book muslin is also stiff and clear, but coarser and not so even as Swiss; it is chiefly used in interlining. Leno is also stiff, but much more open than book, and is generally used for interlining crossway bands of silk or velvet. Madras muslin has a cloudy appearance, the pattern on it resembling darning; the coarser kinds are used for curtains, but the finer ones make pretty light fussy dresses.

Pique is rather a thick stiff cotton, having a cord across it varying in thickness, the finer cords sometimes having a spot also. It makes strong washing dresses, especially for children, and is usually only made in white.

Print is really ordinary calico printed in various colours and designs.

Sateen, a soft pliable cotton, with a dull back and satin face, it is really an imitation of satin in cotton.

BABY'S FIRST FROCK.

Material Required.— $1\frac{1}{2}$ yd. 25 in. to 27 in. wide and $\frac{3}{4}$ yd. soft thin lining.

To Cut.—Fold material in half lengthwise and place front of bodice pattern to fold. Allow a turning all round of $\frac{1}{2}$ in. except neck where only $\frac{1}{4}$ in. Next place the sleeve pattern as near the fold as will leave a turning, as the pieces cut off

selvages will be required for wristbands, wrap, &c., the lines down centre of sleeve pattern to be at equal distance from fold or selvedge at the top and bottom of sleeve. Now open the remainder of material and fold in half the opposite way, so that there are two selvages on each side, and cut through fold, these two straight pieces being for the skirt of frock.

To Make.—Take the two widths last cut, join the selvages together, and press the turnings open. Make a 2 in. hem, and above that two or three $\frac{1}{2}$ in. tucks (these latter may be left until the frock is quite finished, when the length required can be more easily determined). At the top edge in the centre of one of the widths cut down about 6 in. for the back opening. Face in the right-hand side, with a straight piece of material about 1 in. wide and $1\frac{1}{2}$ in. longer than the opening, starting it evenly at the top and taking as little turning as possible in the seam. For the left side take another piece of material the same length but twice as wide, sew on, turn over, hemming the other edge on to the same seam so that it forms a double wrap to lay under the faced-in side. Slightly pleat over the right-hand side at bottom of opening so that the right side just catches the wrap, and stitch firmly across, afterwards neatening the ends of pieces left longer on the wrong side for firmness. Cut lining the same as bodice (not sleeves). Stitch and press the shoulder seams separately of lining and material, place turnings to face each other and tack all together round neck and armholes. Gather the top of skirt previously made and fit to the lower edge of bodice, allowing rather more fullness across the back than the front, but taking care to put the seams of skirt at the same distance from the centre front on either side. When sewn to the material allow the turnings to lie upward and hem the lining neatly over, afterwards putting a line of machine-stitching, feather-stitching, or other fancy stitch on the right side. Make the neck tidy with a very narrow straight band and finish with a tiny Valenciennes edging, sewn on a little full. Place seam of sleeve exactly at centre of armhole under arm seam and centre of sleeve at the shoulder seam; fix in plain but not tightly for $2\frac{1}{2}$ in. either side of sleeve seam and gather the remainder round the top.

OVERALL COSTUME (B.R.C.S.).

(Approved by the British Red Cross Society.)

Material Required.—7 yd. 34 in. to 35 in. wide. (Separate turnover collar to be of stiff white linen.)

The pattern is for 42 in. length from waist, and can be lengthened or shortened at lower edge. Hem and tucks are allowed for and traced on pattern, but not raw edge turnings, for which allow $\frac{3}{4}$ in. on neck and armholes and a good $\frac{1}{2}$ in. elsewhere. When cutting, place front straight down selvedge, the tracing line on pattern to be centre of front when fastened, the wide turnings being left for buttons and buttonholes, the fronts to be seamed up in the tracing line from lower edge to within 25 in. of neck and be afterwards covered by a false box-pleat finishing with a mitre at the top tuck. The back and sleeves to be laid straight with grain of material where the tracing line is marked down the centre. Neckband and cuffs to be straight selvedge way round, double material, the former when finished to be 1 in., the latter 3 in. One pocket to be in seam. The shoulder strap to be made double, and the broadest part stitched into armhole on the shoulder, a narrow tape about 8 in. long to be stitched on the underpart of strap at the narrow end and drawn through two eyelet holes which are to be made one on each side of the shoulder seam about 1 in. apart and 1 in. from the neck. There are two sets of tracing lines for waist on pattern, one for long waist the other for short. Make straps 1 in. wide with a mitre each end and fix on the centre back seam, one on each under arm, and midway on each front, the box-pleat in centre being stitched to form one slot, these for belt to run through.

APRON AND OVERSLEEVES (B.R.C.S.).

(Approved by the British Red Cross Society.)

Material Required.—2½ yd. white linen 50 in. wide, at 1s. 0½d. per yd., and a 6 in. square of red Turkey twill.

The pattern is 20 in. from waist and can be lengthened or shortened at the lower edge. It is without turnings.

To Cut.—Place centre of front patterns to double edge of material, and the skirt sides straight edge to selvedge as



WORKING UNIFORM (B.R.C.S.).

(Approved by the British Red Cross Society.)

marked on pattern, pockets, oversleeves and cuffs also cut on the double material, the latter being cut selvedge way round.

To Make.—Stitch darts in skirt front and place the sides

as marked next front with a run and fell seam. The waist-band to be in two pieces, and to be $2\frac{1}{2}$ in. wide when made; place the bib in centre of band, gathering it to width of $6\frac{1}{2}$ in., the skirt part to be just cased into band across front, and slightly gathered from seam at side. Place the square of Turkey red at the back of the bib part of panel and mark out on the right side the cross 2 in. down from hem; it is to be $1\frac{1}{2}$ in. square each way. Face in the top of pockets and put a buttonhole-stitched loop at corners, placing one on either side seam. Face in ends of straps about 2 in. to work buttonholes in. Fasten band with button and buttonhole and sew a button on either side about 5 in. from centre back, to fasten straps on.

The oversleeves to be run and felled seam, a $\frac{1}{2}$ in. hem at top, through which run elastic, and gather wrist into straight double band and fasten with button and buttonhole.

SISTER DORA CAP (B.R.C.S.).

Material Required.— $\frac{1}{2}$ yd. white lawn, at 10 $\frac{1}{2}$ d., and two widths narrow tape.

Place the square part of pattern to selvedge, the long straight side to fold, allowing $\frac{1}{4}$ in. turning all round; make a narrow hem round the curved part, turn back the straight side for a 3 in. hem (which is allowed for and traced on pattern) and from the hem round the curved part stitch the widest of the two narrow tapes, $1\frac{1}{2}$ in. in from edge, make two eyelet holes in it at the centre back 1 in. apart, through which run the narrowest tape for drawstring.

B.R.C.S. WOMAN'S SERGE COAT AND SKIRT.

Material Required.— $4\frac{1}{2}$ yd. double width dark navy serge, $1\frac{1}{2}$ yd. double width striped coat lining, 6 small (B.R.C.S.) buttons, $\frac{3}{4}$ yd. tailor's canvas, and a small piece of buckram for shoulder straps.

To Cut.—Place centre back and front of skirt, also centre back of coat to fold of material, the front of coat and side

gore of skirt (next front) to selvages, back and front sides of coat according to the straight lines on pattern, also top and under sleeves, pockets and shoulder straps, the collar on the cross (see note *re* "Cutting on the Cross"). Lining the same as sleeves and the back only of coat about 10 in. down from the neck. Arrange pattern carefully on material, so as to leave a strip the length of coat, one end of it being the width from centre front to armhole for about 10 in., which will be needed for facing. Allow $\frac{1}{2}$ in. turnings everywhere except lower edge of coat and wrist of sleeve, where allow 1 in., and at the bottom of skirt $3\frac{1}{2}$ in. (beyond the length required).

To Make the Skirt.—Stitch up seams of skirt with the exception of 11 in. on the left side of front for placket opening, face in right side with a piece of Prussian binding to 2 in. below opening, and put a wrap the same length on the side piece, stitch on right side down the front about $\frac{1}{2}$ in. from edge to length of the Prussian binding, break off the threads and fasten them on the wrong side, tack down the turnings of seam from the opening towards the front, and start stitching over the last 2 in. of stitching down to the bottom, tack down the turnings on the other side of front also towards the centre, and the side seams the same and stitch on the right side. The raw edges of the turnings may be neatly oversewn or bound over. Use skirt band with double edge, measure size of waist required, leaving a small turning one end and sufficient turning to cover the wrap the other end. Hold up one edge of the band and pin the waist of skirt to the under edge first, so the skirt can be held round the fingers with the band undermost, as the skirt should lie easy on band; commence at the placket opening, pinning the wrap part and half front first, then the opening as it will be when fastened; fold band at centre front and the other centre of folded band pin to centre back (this is to ensure the skirt not being eased one side more than the other and so dragging the skirt on one side). Fold remainder of waist each side in pleat to meet at the centre back, fold to bottom of skirt, tack and press flat. Turn up the hem and put five rows of machine-stitching $\frac{3}{8}$ in. apart, the bottom row being $1\frac{1}{2}$ in. from the folded edge; tack first to ensure evenness, making the raw

edge of hem tidy with Prussian binding. Face top of pocket with binding, turn in the other edges, and stitch flat on skirt, half the pocket lying on the front and half on the



· SERGE COAT AND SKIRT (B.R.C.S.).

side gore, and the top of it $6\frac{1}{2}$ in. down from the waist. The pocket flap to be double and stitched on just above the pocket. Put a buttonhole in centre of flap and button on

pocket, with a small piece of lining or binding at the back to strengthen it. Fasten the band with hooks and eyes and the placket with patent fasteners.

To Make the Coat.—Stitch seams of coat to match seams of skirt, binding the edges of turnings with Prussian binding. Tack a piece of tailor's canvas on the wrong side of the fronts, reaching across to the first seam and from the shoulder sloping away from seam about 12 in. down to about 3 in. wide at the bottom of coat. The serge facing should be cut wider at the top part, so it will reach from the front across shoulder to armhole; about 10 in. down from shoulder cut across to seam, and slope down to a little wider than the canvas at the bottom. Turn down the raw edge of facing on the sloped side and machine-stitch by itself, or the edge may be bound with binding to neaten. Put right side of facing to right side of coat, tack and stitch from $1\frac{1}{2}$ in. in from corner of revers, turning the corner square, down the fronts and round corner at the bottom as far as the facing goes; turn inside out and tack firmly. Tack canvas to one piece of back collar material, marking the line with a separate thread where it is to be folded and pressed when finished, lay the second piece of material to face the other and stitch up the short sides and along the shorter edge (not the rounded one), cut turnings away at the corners, turn inside out and tack firmly. Tack the back lining in coat, hemming it neatly on to the facing on shoulder without taking the stitches through to shoulder seam. Pin centre of collar to centre of neck at back (the right side of coat only, not the lining) and pin evenly round, making sure the tack for the fold of collar meets that for the fold of revers, and that the ends finish at the same distance from the revers corner at either end, stitch, notch turnings about every $\frac{1}{4}$ in. round back neck, turn down the turnings, notch the turnings of lining and front facing, turn in and slipstitch very neatly. Turn up the hem at lower edge of coat, neaten with Prussian binding and machine-stitch, also stitch right round fronts and collar. Fold collar and revers to the mark for fold and press well. Stitch and press seams of sleeves (linings separately), turn up hem at wrist, and hem lining in. Place front seam of sleeve (without the lining edge) in

armhole 3 in. from the under-arm seam towards the front, and ease sleeve in round the top without gathering; machine-stitch round, turn in and hem lining over the turnings, being careful to put the seams in the same place as the seams of material so that it will not get twisted. Face in the top of pockets with binding, turn in the other edges, place in position as marked on the pattern, and stitch round. The flaps to be made of double material and stitched across immediately above the top of pocket with a piece of lining or binding at the back for strength; make buttonhole in centre of flap and sew button on pocket to fasten. Cut shoulder strap in buckram without turnings, tack the edges of material over and face in with lining or material neatly hemmed round. Sew on four patent hooks, one at each corner, with loops to match on the coat, the broad end of strap going to armhole end, the narrow end towards the neck, the side just covering shoulder seam at back by $\frac{1}{2}$ in. (as it chiefly lies on front of coat). Make four buttonholes on right front $3\frac{1}{2}$ in. apart, the first being as close as possible to fold of revers.

B.R.C.S. WOMEN'S LONG SERGE COAT (Medium Size).

Material Required.— $3\frac{1}{2}$ yd. double width dark blue serge coating, $\frac{3}{4}$ yd. double width striped coat lining for sleeves only, 1 yd. 36 in. width red flannel for body lining, 1 yd. tailor's canvas for interlining collar and fronts of coat, $\frac{1}{2}$ yd. black lining for pockets, 6 large black buttons (B.R.C.S.) and 6 small ones, a strip of white sateen 2 in. wide for inside neck.

To Cut.—Place front and back of pattern in line with selvedge, also sleeves, the centre back of top collar to fold, cuffs, shoulder straps, tab for collar, having the straight lines on pattern laid straight with the grain of material, and the under-side collar, also canvas for same to be placed on the cross (see note re "Cutting on the Cross," p. 80). Allow $\frac{1}{2}$ in. turnings except at base of coat and top of cuffs, where allow 1 in. hem for the former and rather less for the latter. If needed

larger or longer, it would be wiser to put a tacking thread or chalk line all round the pattern, leaving larger turnings so that it can be let out in fitting; or a better plan still when undertaking a garment of this description, if an amateur at the work, would be to mark out on some cheap lining or apron linen with a tracing wheel and fit first. The flannel lining to be cut the same as coat, but to waist only, and not to come within 4 in. or 5 in. of centre front as this part will be faced in with the serge.

To Make.—Take a strip of canvas about 5 in. wide at top sloping off to 3 in. at lower end, and length from neck to a little below the last buttonhole, to the wrong side of fronts; lay facing of serge, which should be straight at front edge, a little wider than the canvas at top and reaching to the bottom of coat, which end need only be 3 in. wide on the right side of coat. Stitch from where the collar ends, as marked on the pattern, down front and round the corner to end of facing, turn inside out, tack firmly and stitch about $\frac{1}{4}$ in. in, the other edge of facing being turned in, pressed and blind hemmed. Stitch up side seams, shoulders and back seam as far as the opening, turn under the edges of turnings and stitch (not through to coat); or the edge might be bound with Prussian binding; fold and tack hem at bottom of coat, also down left side of back opening, first making two small buttonholes in turning only (backing them with a small piece of lining for firmness), about 6 in. apart, to fasten invisibly with two small buttons to the under-side, which latter face in with an extra strip of material, so that it will lay under the hemmed side. Make three loops on left breast, two to be 9 in. down from the shoulder, one 4 in. in from the front edge, and the other in line $3\frac{1}{2}$ in. further in; the third loop in centre of the others, but $4\frac{1}{4}$ in. below. Stitch up seams of sleeves (linings separately), also cuffs, press turnings open, make $\frac{1}{2}$ in. hem round top of cuffs (these being neither interlined nor double), fix on and turn up lower edge with wrist of sleeve, hemming the lining in, the turning of the latter being rather deeper, so that it will not come too near edge of sleeve. Stitch shoulder straps round except the straight end, turn inside out and stitch round again, make buttonhole at narrow end

and fix broad end in armhole on shoulder, a small button being sewn to the coat to fasten the buttonhole end. Place the serge sleeve in the armhole, putting the front seam $4\frac{1}{2}$ in.



LONG SERGE COAT (B. R. C. S.).

from the under arm seam towards the front; be careful not to stretch the under part of sleeve, and work in the slight fullness left round the top without gathering; turn in edge of lining sleeve and hem over the other turnings, being careful to put

the seams in the same places, as only $\frac{1}{2}$ in. awry would make the sleeve uncomfortable. Stitch up and press seam in under-side collar, tack firmly to canvas, putting four rows of machine-stitching evenly, the top one as traced on pattern indicating where the collar folds over, and three below. Lay the right side of top collar to the right side of under-side collar, stitch round and turn inside out, tack firmly edge to edge, and stitch round again. Fix lower edge to neck of coat, putting the centre seams together at back and making sure the ends finish exactly where the stitching of facing starts each side of fronts, with exception of turning of collar ends, which latter turn down, press, sew on two hooks and eyes to fasten band part of collar, and hem the strip of white lining in, to cover the turnings and stitched part between neck and top collar. Stitch round the double collar strap, with the exception of 1 in. or 2 in. on one side, through which to turn it inside out; tack firmly and stitch round again, press well, make a buttonhole at each end, sew two buttons under the collar one side to fasten the strap when not in use, and one button the other side, to fasten strap across when needing to keep collar turned up. Make four buttonholes on left side of front, the first 1 in. from the neck, the others $8\frac{1}{4}$ in. apart. Face pockets to 1 in. longer than length for opening on the straight sides from narrow end, with a 2 in. strip of material (both sides of pockets); then stitch edges (the material facings lying outside) starting 1 in. from end of facing round to the top on the other side, turn out and stitch round again. Take as small a turning as possible when stitching to opening in coat (this latter having position marked, but not cut till pocket is ready to put in), turn, tack firmly edge to edge and stitch again. Press well with the side pockets lying towards the front, the breast pocket lying away from front, and fixed in the front facing only on the left-hand side. Lastly, make a triangle stitching at each corner of pockets to make firm. The back waist strap to be of double material, and stitched in the same way as the other straps; make a buttonhole each end to fasten on large buttons at sides of coat, and well press the garment generally.

BRASSARD.

Material Required.—A strip of calico $5\frac{1}{2}$ in. wide and 21 in. long, and a 4 in. square of red Turkey twill.

To Make.—Take the square of Turkey twill and notch out two opposite sides of it to prevent fraying. Place it in the centre and on the wrong side of the calico with the notched edges lying lengthwise, make a narrow hem each side of the calico, which will cover the straight edges of the square, the width of calico to be exactly $4\frac{1}{2}$ in. when hemmed; also make a 1 in. hem either end of the length, and sew two safety pins on to one end for fastening. Take a piece of cardboard (a postcard will do) and draw on it a 3 in. square, draw two lines through the square and two across 1 in. apart, and you will have nine squares; cut out each of the corner squares and carefully shave off the pencil lines round the cross, which will leave room for a fine pencil to mark round on the calico. Place the cardboard cross exactly in the centre on the right side, being very careful to lay it straight with the grain of the calico. After marking round lightly with pencil, remove the cardboard, and cut out the centre of calico, leaving barely a $\frac{1}{4}$ in. turning inside the pencil lines, cutting the corners of turnings straight into the pencil lines. Turn in the raw edges exactly to the marks and hem neatly on the square of red previously placed at back.

It should measure exactly 1 in. each way of the four divisions when finished.

UNDERSKIRT OR PETTICOAT.

For this use the 5-gore skirt pattern. It is a good shape for a plain petticoat, with a drawstring at waist and a deep hem at bottom; or for narrow frills, shaped flounce, or deep straight flounce, which sometimes has a narrow frill placed on the edge of that, also it may have a shaped band instead of drawstring. The shape of this underskirt varies according to fashion of fancy of individual, but depends chiefly on the style of dress worn, a narrow plain skirt needing a plain straight petticoat of thin or soft material, whilst a full dress requires a firm, full, befrilled one to set it off.

Plain Underskirt.—Place straight side of front pattern to fold (no turnings required where no seam) and the straight side of gore to selvedge, leaving the turnings all round. If preferred a little narrower than pattern turn over a piece at bottom of bias side of gore, folding off to nothing at waist. Measure for length required from waist at each side of each piece, also down the centre, then cut out, leaving a piece beyond length according to width of hem required. Put the seams together evenly at top and bottom, stitch in the fitting lines, cut one turning narrower, fold the other over and stitch down flat, representing a run and fell seam. Turn up and stitch hem at the bottom of the skirt. For the waist, cut a piece on the cross, $1\frac{1}{2}$ in. wide, the length required to go round the top of skirt. Hold the skirt over the fingers, with the crosswise piece on top (so that the latter will lie easy), and run together, taking about $\frac{3}{4}$ in. turning, then turn over on to the wrong side, edge to edge, and tack round. Slightly stretch the lower edge of crossway piece, turn in and tack for hem, then stitch round with machine the top and bottom.

On the right side of petticoat, about 2 in. either side of centre back, make a slit $\frac{1}{4}$ in. (in top material only, not through to facing) lengthwise, with length of skirt, and buttonhole-stitch all round. Take a piece of tape or binding about twice the size of waist, cut in half, thread needle with double cotton and sew firmly to the end of one piece of tape, insert needle eyehole first through one slit, working it past the other slit as far as the first seam from centre back, or a few inches further if necessary, push needle through the material, draw up tape, and stitch through sufficiently to hold end of tape firmly. Do the same with the other piece of tape so that the tapes will cross each other through the holes and can be drawn up and tied in front.

Note.—It will be seen that no placket has been arranged for in this petticoat as it is finished at waist with draw-string, but a placket would be necessary if the skirt is required to fit closely round hips and fitted into a waistband, in which case it would be necessary to cut a little of the bias sides of gores and take in one or two darts to make it fit. For arrangement of placket and waistband see note on "The Making of Shirt," p. 69.

Underskirt with Narrow Frills.—Cut out as for plain skirt, the frills being length cut on the cross, 4 in. or 5 in. in depth, and joined by the selvages, the length required for each frill being once and a half the width round skirt, or if cut on the straight once and three-quarters.

Make a narrow hem each side and gather top (in four quarters) about $\frac{1}{2}$ in. from the hem. Divide the skirt in four quarters, also frill, regulate the gathers evenly and run on, afterwards stitching over with machine. The frills may just touch each other, overlap or be placed a few inches apart, also the bottom frill may take the place of hem, in which case the length of skirt is cut accordingly, 1 in. turning being allowed, the frill (which should be rather fuller for this than when laid on top of hem) hemmed on lower edge only, gathered raw edge at top, taking about $\frac{3}{4}$ in. turning, run on when gathered to length of skirt, the 1 in. turning allowed on skirt part being hemmed over on to the gathers to make tidy and strong.

Skirt with Shaped Band.—Lay the waist of skirt pattern together flat on another piece of paper, the front being to a straight edge. Trace the shape at top, also depth required from waist, about 4 in. to 5 in., also tracing through for centre back, measuring top edge for size of waist required, leaving it slightly larger than for straight skirt band. Remove paper and cut through tracing lines, marking the front and placing it to double edge of material when cutting out; two pieces will be required or the inside can be of lining. Open out and run the two top edges and ends together, cut turnings off close at the corners, and notch at intervals of about 2 in. the rest of the turning to make it set properly when turned inside out, then stitch again on the right side. Cut the skirt as usual, with the exception of the top depth allowed for shaped band, allowing the extra fullness to size of pattern. Make hem at the bottom, or add frills if desired, make placket at back, fix top into lower edge of band slightly easy, most of the fullness being placed across the back, stitch through with machine and fasten with two buttons and buttonholes.

Shaped or Circular Frill.—First decide the required depth, which may be from 10 in. to 15 in. according to height of person. Place pattern together on extra paper, the centre

front to a straight edge, the pattern meeting at depth marked but laid 2 in. or 3 in. apart at the bottom; trace through for depth and cut round lower edge. The skirt will, of course, be cut the length of frill shorter and the frill joined on plain, causing the lower part only to be fuller than a plain skirt, and at times, when very full petticoats are worn, one or several narrow crossway frills are placed on this.

LADY'S NIGHTDRESS.

(TWO PATTERNS GIVEN.)

Material Required.—For the simple pattern, $3\frac{1}{2}$ yd. 30 in. calico, nainsook or flannel. For the yoke pattern, $4\frac{1}{2}$ yd. 36 in. material.

To Cut Simple Pattern.—A quarter only of this pattern is given, the only difference back from front being the neck-lines. To make no mistake it would be advisable to cut pattern on double paper, cut one at back neck-line the other at front neck-line, then join papers at shoulder by laying another strip underneath and attaching it so that the edges of pattern just meet. Fold the length of material in half, lay the pattern with the straight edges to selvedge, allowing a turning of about 2 in. at bottom of skirt part, elsewhere $\frac{1}{2}$ in.; or the material may be folded the opposite way so that there are two selvedges on one side and a fold on the other, in which case it would be necessary to join pieces on the sides of skirt part, also the sleeves, the latter being joined by a tuck or piece of insertion.

To Make.—If cut in the first position given stitch up seam at back (preferably by top sewing the selvedge together). Make 1 in. hem down both fronts, place one on top of the other and stitch flat to within 14 in. of the neck, the remainder being fastened with buttons and buttonholes (or in the case of an invalid it might be fastened with small linen buttons all the way down). Stitch up the sides from skirt edge to wrist with a narrow run and fell seam. Make hem at bottom 1 in., or more if preferred. Gather the neck, or if tucks preferred, make as many as necessary for the size of neck required,

ending them at the depth denoted in diagram. Fix into a narrow band of insertion, which must be mitred at the corners, keeping the neck square, and finish off with a narrow edging of Valenciennes lace slightly gathered on. The sleeves at wrist may be finished off in the same way, or left loose with a full frill and 2 in. embroidery or lace.

Yoke Pattern.—To cut, for the back fold material in half lengthwise and place the straight side of pattern to double edge. The fronts to two selvages, the full width of material, or if to fold join pieces on at the sides. Place the lower edge of yoke across back to the selvages, also collar. Allow $\frac{1}{2}$ in. turnings, except the fronts; if placed to selvedge, allow 1 in. for hem and the lower edge of skirt part, where allow about 2 in. for hem.

To Make.—If fold at front cut down from the top about 11 in., put a strip of material on one side to make a false hem, leaving it longer than the opening is cut, to make firm and neat at bottom of same. Take another straight piece of material, sufficiently longer than the other, to extend to top of yoke when on and wide enough to form a $\frac{1}{2}$ in. box-pleat, having a frill of embroidery or lace down the sides and across the bottom, which may either be square or mitred. If two selvages down front make 1 in. hems and lay flat one on top of the other and stitch to within 11 in. of the top. Gather the top of fronts, with the exception of $1\frac{1}{2}$ in. at the armhole end, and place between front edges of yoke, stitching firmly across. Next do the same with back, then stitch up the sides of garment, also sleeves, with a run and fell seam. Make the hem at bottom of skirt part, put wrist of sleeve slightly gathered into a straight double band, or one side material and the other insertion, with edging inserted between, or, if preferred loose, edge with frill of embroidery or lace only, in place of band. Fix seam of sleeve to under-arm seam of garment and the centre of sleeve to centre of armhole at top. The first 4 in. of sleeve either side the seam to be put in plain, but not tightly, the remainder being gathered evenly round the top. Stitch firmly at the $\frac{1}{2}$ in. turning allowed, then cut $\frac{1}{2}$ in. of the armhole turning away, turn in $\frac{1}{2}$ in. of sleeve turning and stitch down flat as hem. If collar is to be edged with frill of lace stitch it round (all but the neck) on the wrong

side, cut turnings close at the corners, and turn inside out and stitch round again. If to have frill of embroidery that should be inserted between the edges before stitching, as being raw edges it cannot be sewn on afterwards like lace. Pin centre of collar to centre of neck (one side of collar only), pin round to front, make sure the fronts meet properly, then run on, afterwards notching the turnings, turning them up towards the collar, and hem the other edge of collar over.

LADY'S DRESSING GOWN, ALSO BATH OR NIGHT WRAP.

Material Required.— $3\frac{1}{2}$ yd. double width material, or 7 yd. in single width, and $\frac{3}{4}$ yd. lining for yoke, or $1\frac{1}{2}$ yd. lining if to waist.

Note.—Two diagrams are given, that with yoke and large collar being for a smart dressing gown in a thin or soft material, and the plain one for a bath or night dressing gown in a thick warm material.

To Cut the Yoke Pattern.—Place centre back to fold of material, the front $1\frac{1}{2}$ in. in from the two selvages ($1\frac{1}{2}$ in. being for hem). Place centre of yoke to fold of material, having first folded pattern in half if to be backed with lining or laid out full size on double material, placing the lower edge of back with selvedge of material if both sides to be of same; the collar to be placed in the same way. Lay sleeves lengthwise with selvedge, the centre line on pattern being at equal distance from the selvedge at the top as the bottom. The cuffs may be placed along the selvedge or straight across the opposite way, according to convenience of pattern or material. Allow $\frac{1}{2}$ in. turnings, except at bottom of skirt part, where allow sufficient for a 2 in. hem, after having measured for length required.

To Make.—Stitch the hem down the fronts and gather the top into front part of yoke, the first $1\frac{1}{2}$ in. from armhole being put in plain, as also front hem; it is best to do this part first and stitch firmly across, as the yoke front being partly on the bias is easily stretched. Next gather the back with the exception of $1\frac{1}{2}$ in. either end at armhole, and place to back



LADY'S YOKE DRESSING GOWN.

part of yoke, taking care to put the centres exactly together. Then stitch up the side seams, cut one turning a little narrower than the other, and turn down as for run and fell seam and stitch; or the seam may be pressed open after the first stitching, the turnings folded evenly and stitched as two hems. Stitch up seams of sleeves, and also the seams in cuffs, face up the wrist of sleeves (if unlined) with a piece of ribbon or Prussian binding, turn down edges of cuffs all round and machine-stitch, first notching the turnings on curved parts to make them set, place the seam of cuff to about centre of under side of sleeve (not to seam of sleeve) allowing the pointed part to come at elbow side, and slip stitch on top and bottom, this cuff not needing lining as it fits the sleeve. If the sleeve is not liked loose at the wrist it may be gathered into an ordinary wristband instead of the cuff. Turn down the edges of collar, except the neck part, tack flat on to the facing to keep in position, and hem in neatly all round about a $\frac{1}{4}$ in. from the edge; but if collar has self-facing, instead of tacking down the turnings put the right sides face to face, stitch turning all round except the neck, cut the turning off close to stitching at sharp corners, turn inside out, tack edge firmly and stitch a line of silk stitching about $\frac{1}{4}$ in. in. A frill of lace makes a pretty finish, or it may have a frill of its own if very thin material which would be inserted between the edges of collar, the other edge of frill having a narrow hem. It should be about 2 in. wide and once and a half the length round outer edge of collar, the fullness being rather more at the corners so that it sets nicely. Place centre of collar to centre of neck at back, pin on evenly and make sure the fronts meet, stitch, turn down the turnings on the inside of gown, notch them well to make them set, and neaten with narrow ribbon or Prussian binding, run on sufficiently easy at the upper edge to allow it to lie flat at the lower edge. Turn up hem at lower edge of gown and stitch evenly, and fasten the front with buttons and buttonholes.

For the Plain Pattern.—To Cut: If a very wide double width material, lay straight edges to fold, placing the pattern together at shoulder (it being in two pieces simply for convenience on account of the length). Leave $\frac{1}{4}$ in. turnings

everywhere except lower edges and wrists, where allow sufficient for hem. Single width material would need twice the whole length of pattern and would necessitate a seam down centre back. Cut open (if double width) the edge down front.

To Make.—Stitch up the side seams, make hem at wrist and lower edge of skirt part, turn down the $\frac{1}{2}$ in. turnings at fronts and neck on to the right side, notching the turnings round curve of neck to make them lie flat. Face with a pretty gimpe about 1 in. wide. Being more intended for a wrap or bath dressing gown this only needs fastening at the neck, being well wrapped over and held at the waist by a thick cord and tassels, which is drawn through the tabs fastened on to the side seams.

QUESTIONS WITH ANSWERS.

Question.—Which is the most economical to cut first, bodice or skirt? What may result through cutting material up and down?

Answer.—It is most economical to cut the skirt first, as the pieces gored off come in towards bodice. With regard to cutting material up and down, a serge or merino, being a twill grain, or a straight grain both ways such as cotton (plain) beige, nun's veiling, hopsack, plain silks, &c., may be cut up or down so as to be more economical, provided it is all made up on one side. But a plain cloth, especially a face cloth, would wear badly, unless cut all one way; also velvets, figured materials, &c., should be cut all one way (see note on "Cutting," p. 59).

Question.—Give suitable linings required for serges, satins, prints, China silk, muslin, and cashmere, with their price per yard.

Answer.—Serge at 2s. 11d. per yard, Roman sateen at 10½d. per yard, or a good linenette about 7½d. per yard for the skirt lining, and a striped bodice lining about 8½d. per yard. Satin at 4s. 11d. per yard would require a gros grain silk at 1s. 11d. to 2s. 6d. per yard for the skirt lining, and a twill or polonaise lining at 1s. 2½d. per yard for bodice. Print at 10½d. per yard should have a sateen lining for both bodice and skirt, unless for servants' morning dresses, when the bodice only is lined with calico at 4½d. per yard. China silk from 1s. 9d. to 3s. per yard would require a sateen lining about 8½d. per yard for bodice and skirt. Muslin from 6½d. to 1s. 6½d. per yard would require a nainsook or thin calico lining from 4½d. to 8½d. per yard. Cashmere at 3s. 11d. per yard would require a soft striped bodice lining at 10½d. per yard, and a Roman sateen about 1s. 2d. to 1s. 4½d. per yard for skirt.

Question.—How much surplus material must be allowed for fine flat pleating, box-pleating, accordion pleating, and gathered flouncing?

Answer.—It depends upon the kind of material, but the following is a general rule: For fine flat pleating, three times the length required when finished, the same also for

box-pleating if the pleats are to meet, but if a space between less according to width of space; for accordion pleating twice and a half; for flouncing once and a half if narrow and on the cross, once and three-quarters if 12 in. deep or over, and twice if on the straight.

Question.—How do you cut and finish a dress skirt pocket, and which is the best position for it to be set in?

Answer.—There are several shapes for pockets, the flat pocket having the slit in centre when put in the back, and for side of front it is as though it was cut in half (only slightly larger) and put in by the straight side. To cut the flat pocket, take two pieces of lining about 12 in. to 14 in. long and 9 in. wide, fold in half and slope from nothing at one end to 1 in. at top (on the raw edge side, of course). Face both pieces two-thirds of the way from the top with material, cut slit in one 3 in. from top and about 8 in. long, put the two lining sides together and stitch all round, turn inside out through slit and stitch again. Position to set it in if plain skirt, either at side of front or placket at back; if gathered back it can be put in next seam to back on right-hand side. These are for full skirts; when narrow skirts are worn, patch pockets are used, if any.

QUESTIONS TO BE ANSWERED.

- (1) What things are required for making a dress?
- (2) What are the names of the various parts of a dress?
- (3) Is the material always cut in as many pieces as the lining, and if not, why?
- (4) Name the various stitches used in dressmaking and their application.
- (5) How would you cut and fix a 5-gored skirt?
- (6) How should you finish the placket and put the band on?
- (7) When should a skirt be tried on, and how finished off afterwards?
- (8) How should a pocket be made and placed?
- (9) Is it best to have a canvas pattern fitted first, or to fit the lining you are going to use for the bodice?
- (10) How would you lay the bodice pattern on the lining?
- (11) Describe cutting of seams, oversewing and pressing.
- (12) Why are the waist tacks put in with a separate thread, and what seams are left undone until the second fitting?
- (13) Describe bone-casing and boning.
- (14) How would you prepare bodice for button and buttonholes, and how should the latter be made and the former put on?
- (15) How far should a bodice be made before second fitting?
- (16) What should be done to lining of sleeve before cutting material for leg of mutton shape, also a puff?
- (17) How and where should a sleeve be placed in bodice?
- (18) How should the basque of a bodice be finished off?
- (19) How would you cut material on the cross?
- (20) Name and describe ordinary fastenings.
- (21) Explain the difference between cashmere and merino, satin and satin merveilleux, Indian muslin and mull muslin.
- (22) What parts of a dress should be machine-stitched and what parts done by hand?
- (23) Are there any other methods of finishing the seams of a bodice or skirt besides oversewing?

(24) Give an estimate for ordinary walking dress for a person 5 ft. 5 in. in height

(25) What style of dress would be most suitable for a tall, thin figure? Name two as now worn.

(26) What two of the present styles would suit a short, stout, elderly person?

(27) When a sleeve is uncomfortable and inclined to twist, what is the cause?

(28) Describe several ways of finishing the neck and wrists of a bodice.

(29) How would you cut an ordinary shirt blouse?

(30) Do you need a pattern for every different style? If not, why?

(31) How would you set to work to cut a blouse to be tucked and trimmed with 3 yds. of insertion for a medium figure?

All Patterns, cut in serviceable paper, may be obtained from the Polytechnic Annexe, 14 and 15, Langham Place, W., at the following prices:—

Post free, 4½d.—Surgeon's Coat; Gentleman's Dressing Gown; Lady's Dressing Gown; Lady's Serge Coat and Skirt (B.R.C.S.); Lady's Long Serge Coat (B.R.C.S.); Lady's Overall Costume; Lady's Yoke Nightdress.

Post free, 3½d.—Gent's Pyjamas; Gent's Day Shirt; Gent's Nightshirt; Gent's Enteric Shirt; Gent's Operation Gown; Gent's Bed Jacket; Gent's Taped Bed Jacket; Helpless Case Shirt; Helpless Case Shirt (B.R.C.S.); Pants and Vest; Lady's Magyar Nightdress; Lady's Wrap Dressing Gown; Nurse's Apron.

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NOTES ON MATERIALS.

For pyjamas, gentlemen's day and night shirts, vests, &c., there is nothing better than wincey, of which Messrs. Greensmith, Downes and Son have a large selection at various prices. Also flannels, and very pretty mixtures of silk and wool suitable for blouses, children's frocks, &c. Before making a final selection it would be well to write for patterns.

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